FIT FOR LIFE

Men's Fitness

July 2015 | mensfitness.co.uk



GET BACK IN SHAPE

See results in 8 days (seriously)

READY FOR SUMMER

Fix your body, look your best

AVOID THE BEER GUT

The *new* rules of booze

APPLE WATCH

Rated for fitness

GAME ON

Exotic meats that build lean muscle

MARK CAVENDISH

STRONGER & FASTER

TRAINING SECRETS FROM THE WORLD'S FASTEST MAN

BURN 500 CALORIES IN ONE MOVE p114

GET V-SHAPED IN 7 MINS p116

THREE WORKOUTS NO WEIGHTS BIG GAINS p56

£4.20

9 771465 643125 07


ERGONOVA

GOLD LIMITED EDITION

www.orrobikes.com

twitter.com/orrobikes
facebook.com.orrobike

Men's Fitness

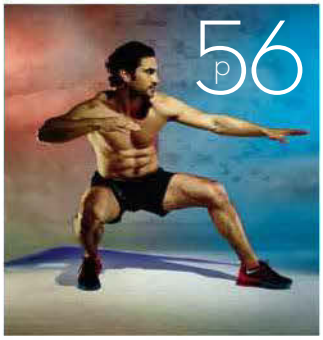
CONTENTS

FEATURES

p48

Why Mark Cavendish's best on the bike is yet to come





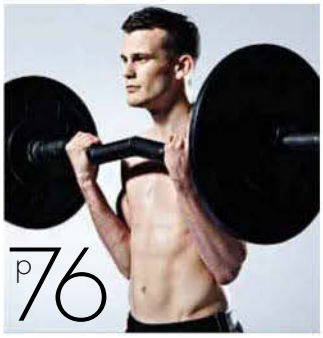
GO WITH THE FLOW
Get into the zone and achieve your fitness goals with this focus-inducing bodyweight workout



POWER COUPLING
Training with your other half can make you both fitter – and happier. Just don't get upset if they beat your PBs



COMMUTER GAMES
If you like the idea of running to work but are put off by the logistics, fear not. *MF* has you covered with our guide



MOBILITY PROBLEMS?
MF writer Matt spent 12 weeks trying to sort out his mobility issues and get ripped

REGULARS



UPGRADE

YOUR ESSENTIAL FITNESS NEWS, GEAR AND TIPS THIS MONTH

NEWS ROUND-UP
Including why yogurt is the perfect snack to lift your mood p15

MUST-DO MOVE
Improve your agility for any sport with this lateral box jump p22

FANCY A KEBAB?
Here's one you won't regret eating p24

BAGGING SKILLS
Bulgarian bags new to you? We explain p26

SOFIA BOUTELLA
On dancing, dicing her opponents in *Kingsman* and building leg strength p28

***MF* EXPERTS**
...on building fast-twitch muscle, becoming strong and fast, linoleic acid and whether foam rolling will improve movement p30

KIT BAG
Oakley's high-tech sunnies, the best board shorts for summer, Apple's Watch tested, compression gear and skincare products to protect you from the sun p39



FUEL

ALL YOU NEED TO GET RIPPED AND HEALTHY IN THE KITCHEN

GOOD BURGER
Swap out the beef for some muscle-building fish burgers p88

SERIAL GRILLER
Make the most of the sun with these formidable barbecues p90

LEARN TO LOVE...
...sweet potato – the *MF* way p92

THE NEW RULES OF BOOZE
Everything you think you know about alcohol is wrong. Here are the facts p94

BACKING UP
How effective is carb back-loading? p102

HEY, BIG BLENDER
Don't relegate your blender to soup duty. These recipes will make the most of it p104

HIGH STEAKS
Beef up your breakfast with a muscle-building steak and eggs recipe p106

HEAD START
Too busy for breakfast? Prepare *MF*'s banana and strawberry porridge in advance p108



TRAINER

KILLER WORKOUTS TO HELP YOU BULK UP AND TORCH FAT

SHOUT ABOUT IT
Make some noise at the gym p113

WAGE WAR ON FAT
Burn fat with this barbell complex p114

ALL IN A ROW
Learn to row like an Olympian p116

DIGITAL FITNESS
Can a smartphone app really help you improve your fitness? *MF* investigates p118

HOME WORKOUT
Build strength in your living room p120

ALEX DOWSETT
MF meets the cyclist who just set the hour record. That's 52.937km in 60 minutes p123

YOU GOT SERVED
Train to conquer the tennis court p130

PAIN PROOF
Avoid common rugby injuries p132

ROCK YOUR WORLD
The *MF* guide to climbing p134

BODY WORK
Build strength in four weeks p137

ISSUE 181 JULY 2015

On the cover

CLOCKING ON
Time is on your side with this accelerated muscle plan **p137**

SUPER MANX
Cycling's greatest ever sprinter shares his secrets with *MF* **p48**

MADE WITH CONCENTRATE
Achieve a state of flow with these potent bodyweight routines **p56**



NO SLOUCH
Turn your desk-bound body around **p76**

DRINK RESPONSIBLY
Enjoy the highs and avoid the lows of booze **p94**

OUT ON A LIMB
MF tries Apple's fitness gadget for size **p44**

DEER AND NOW
Eat venison and leap like a gazelle **p24**

HIT THE BAR
Torch fat with this barbell complex **p114**

PULLING POWER
Channel your inner Olympian on the rower **p116**

Men's Fitness

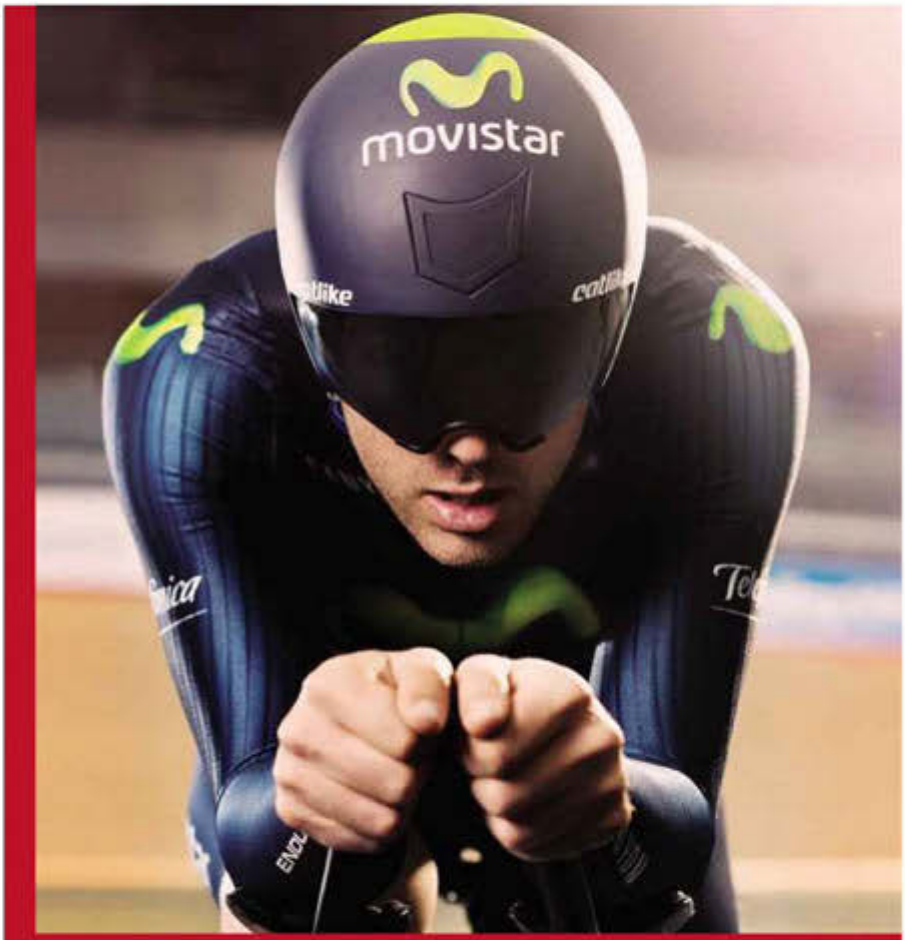
EDITOR'S LETTER



Two men, two bikes, two wildly different styles of racing: that's what you'll find in this issue.

Mark Cavendish, of course, you'll probably have heard of – he's the best sprinter of all time, a daredevil street racer who'll bunny-hop roundabouts and go elbow-to-elbow at 70km/h if it means a stage win, currently preparing for what could be his most competitive Tour de France ever. Alex Dowsett, on the other hand, might have ridden under your radar: though he's been quietly racking up the trophies for almost a decade, his biggest win until this year was a stage of the 2013 Giro d'Italia. Now, of course, he's the man of the hour – the distance ridden in an hour to be exact, the oldest *real* record in cycling, recently reinvigorated thanks to a relaxation of the UCI's rules. And, even though Bradley Wiggins might have re-broken it by the time you read this (stupid magazine deadlines), Dowsett managed the feat so comfortably that there's every chance he could do it again.

Cavendish (p48) and Dowsett (p123) represent a sort of pedal-based yin/yang: one's best in an utterly controlled environment, going it alone; the other thrives on chaos and relies on his team to deliver him to the final sprint intact. One can predict exactly how fast he'll go for 60 minutes, while the other has to react to attacks and scrambles for the front. The similarities and differences in approach are fascinating, even if the closest you usually get to a bike is shaking an impotent fist at them as they snake ahead of you in traffic.



Are you more of a controlled Dowsett (pictured) or a Cavendish, thriving on chaos? Let us know – or get in touch about any other fitness issue @MensFitnessMag

Elsewhere in the issue, features writer Matt Huckle embarks on our toughest transformation ever (p76), while we also fine-tune your commute (p74) and show you how to bring some flow to your workouts (p56). Oh, and one final thing for Mark and Alex: we've consulted doctors, trainers and nutrionists to formulate the new rules of booze (p94). Champagne, unfortunately, not included.

Joel Snape

@joelsnape

IN THIS ISSUE Just some of the knowledgeable pros you'll find in *MF* this month



ALEX VIADA
HYBRID TRAINER

The choice between training to be a well-muscled, powerful weightlifter and a relentless endurance athlete is a false one. How do we know? Viada is prima facie evidence, as an ultramarathon runner with a 335kg deadlift. With careful planning there's no reason you can't train to be both – and Viada explains how on p32.



KERRY TANNER
FEMME FUNCTIONAL

Lady training is all about yoga and 'toning', right? Wrong. Tanner, a trainer at Holborn GymBox in central London, has Gym Jones and Olympic lifting qualifications, and is a certified CrossFit coach. On p66 she explains how you can enrich both your workout and your relationship by training with your partner.



JEAN-CLAUDE VACASSIN
CHIEF TRANSFORMER

Vacassin founded W10 Performance Gym in west London as a results-driven alternative to mass-market chains – so when *MF*'s Matt Huckle wanted a programme to correct his mobility issues and build functional strength, Vacassin was the perfect choice. Find out how his plan transformed Matt's physique on p76.

Photography Ben Knight, Tom Miles

NEW AVENSIS EXCEL

0% APR
representative
over 24 months*

£229
per month^

Pre-Collision
Safety System

Touch 2
multimedia with
Go Navigation

DAB Radio
& Bluetooth

TOYOTA

ALWAYS A
BETTER WAY



WITH ALL THE SAFETY MEASURES YOU NEED TO PROTECT YOUR BANK BALANCE.

5 year TOYOTA WARRANTY

MY15 Avensis Excel 2.0 D-4D 5dr Touring Sports. Official Fuel Consumption Figures in mpg (l/100km): Urban 47.9 (5.9), Extra Urban 68.9 (4.1), Combined 58.9 (4.8). CO_2 Emissions 124g/km. The mpg & CO_2 figures quoted are sourced from official EU regulated test results. These are provided for comparability purposes and may not reflect your actual driving experience. Model shown is MY15 Avensis Excel 2.0 D-4D 5dr Touring Sports at £28,440. Price excludes Orion Blue paint at £495. Prices correct at time of going to press. *0% APR Representative available on new retail orders of MY15 Avensis when ordered between 1 June and 30 June 2015 and registered and financed through Toyota Financial Services by 30 September 2015 on a 24 month AccessToyota (PCP) plan with 0-32% deposit. ^Payment shown is based on a 24 month AccessToyota contract with £8,727.99 customer deposit and Guaranteed Future Value/Optional Final Payment. Toyota Financial Services (UK) PLC. Registered Office: Great Burgh, Burgh Heath, Epsom, Surrey KT18 5UZ. Authorised and regulated by the Financial Conduct Authority. Indemnities may be required. Finance subject to status to over 18s. Other finance offers are available but cannot be used in conjunction with this offer. Excess miles over 16,000 charged at 12p per mile. Toyota Centres are independent of Toyota Financial Services. Terms and conditions apply. Affordable finance through AccessToyota. 5 year/100,000 mile manufacturer warranty subject to terms and conditions.

THE *MF*ERS

The staff and readers of *Men's Fitness* are always in the thick of the action







Matt, features writer
#bigboysdontcry

As part of a 12-week plan designed to iron out my mobility issues and get me stronger, I had to do seated rows (pictured) to address my jammed-up shoulders. I kept at them and by the end I could do them without tearing up. Small victories... Read about my transformation on p76.



Ben, deputy editor
#roughriders

Who said you need mountains to go mountain biking? Swinley Forest in Berkshire – 30 minutes from London – has man-made trails that include lots of adrenaline-spiking descents and calf-shredding climbs, as well as some truly stunning scenery. Visit swinleybikehub.com.







Niall, Optimum Nutrition Upgrader
#UPGRADE

The rugby season is over but I'm upgrading my body with tough moves including prowler pushes, under the guidance of Saracens coach Andy Edwards and Optimum Nutrition, so I can boss the pitch next year. Find out more on p72.



Joel, acting editor
#TeamSonyMF

I'm preparing for August's Tough Mudder, which I'm running alongside TV's Rick Edwards and the Saturdays' Vanessa White. Obviously I need to inspire the troops, so I've been upping my game by throwing parkour and trail running into my normal schedule.

GET INTERACTIVE WITH *MF*



For our interactive issue search iTunes for 'Men's Fitness UK magazine'

MensFitnessMagazine | @MensFitnessMag | MensFitness (UK) | MensFitnessUK

Issue 181 July 2015
Men's Fitness



Subscribe to *MF* and get 5 issues for £5 plus FREE LA Muscle Workout Recovery Gel

Call 0844 844 0081 or go to p35

For overseas subscriptions information call +44 (0) 1795 592916

Already a subscriber? Renew your subscription or change your details at subsinfo.co.uk

Photography Mark Harrison **Grooming** Laura Tucker using Weleda, Tom Ford and Fudge **Thanks** Redbridge Cycling Centre

MEN'S FITNESS Dennis Publishing Ltd, 30 Cleveland Street, London W1T 4JD

EDITORIAL
Acting Editor Joel Snape 020 7907 6816
Art Director Ped Millichamp 020 7907 6502
Deputy Editor Ben Ince 020 7907 6528
Managing Editor Chris Miller 020 7907 6520
Art Editor Rob Lavery 020 7907 6518
Fitness Editor Sam Rider 020 7907 6523
Features Writer Matt Huckle 020 7907 6498
Thanks this issue Richard Davis (art), Gareth Beach (subbing), Sam Razvi (words), Athena Stylli (intern)
Staff email firstname_lastname@mensfitness.co.uk
Work experience enquiries mfwe@dennis.co.uk

DIGITAL
Head of Digital Content Max Anderton 020 7907 6847 max_anderton@mensfitness.co.uk

MANAGEMENT
Group Publisher Russell Blackman
Acting Publisher Nicola Bates
Group Publishing Director James Burnay
Editorial Director Pete Muir
Group Managing Director Ian Westwood

ADVERTISING
Advertising Director Rick Asiyani 020 7907 6713
Account Director Stephen Cooke 020 7907 6558
Agency Account Director Lisa Jay 020 7907 6765
Agency Account Manager Carly Activille 020 7907 6702
Senior Sales Executive Branton Palin 020 7907 6579
Creative Solutions Project Manager Avril Donnelly 020 7907 6618
Creative Solutions Project Co-ordinator Ludovica D'Angelo 020 7907 6613
Northern Representative Steph Binns 01423 569553 Fax 01423 709319
Managing Director Julian Lloyd-Evans

MARKETING
PR and Communications Director Jerina Hardy 020 7907 6607
Marketing Co-ordinator James Young 020 7907 6424

PRODUCTION
Senior Production Executive Daniel Stark 020 7907 6053

SUBSCRIPTIONS/NEWSTRADE
Newstrade Director David Barker 020 7907 6489
Newstrade Manager James Mangan 020 7396 8042
Lifestyle Direct Marketing Manager Sam Pashley 020 7907 6541
Syndication Sales Manager Ryan Chambers 020 7907 6132 ryan_chambers@dennis.co.uk
Licensing Manager Carlotta Serantoni 020 7907 6550 carlotta_serantoni@dennis.co.uk

SENIOR MANAGEMENT
Chief Operating Officer/ Chief Financial Officer Brett Reynolds
Group Finance Director Ian Leggett
Chief Executive Officer James Tye
Company Founder Felix Dennis

Men's Fitness is available for syndication. Please contact Nicole Adams on **nicole_adams@dennis.co.uk** or **+44 (0) 20 7907 6134** for details.

Did you know? You can reserve a copy of* Men's Fitness *free at any newsagent in the UK. Ask your newsagent for details.

Origination and retouching by Mullis Morgan. Printed by Polestar Bicester. Distributed by Seymour Distribution, 2 East Poultry Avenue, London EC1A 9PT. Tel 020 7429 4000.

© Copyright 2015 Dennis Publishing Limited. All rights reserved. *Men's Fitness* is a trademark of Felix Dennis and may not be used or reproduced in the UK or Republic of Ireland without permission.

Men's Fitness is published in the UK and Republic of Ireland by Dennis Publishing Ltd and is sold subject to the following terms: namely that it shall not without the written consent of the Publishers first given be lent, resold, hired out or otherwise disposed of by way of Trade at more than the recommended selling price shown on the cover and that it shall not be lent, resold or hired out in a mutilated condition or in any unauthorised cover by way of Trade or affixed to or as part of any publication or advertising, literary or pictorial matter whatsoever.



Tel: +0 207 405 5523 sales@uniquejewelry.co.uk

FestinaUK

@FestinaCycling & @FestinaWatchUK

www.festina.com

MFAQ

EVERY MONTH WE ANSWER THE KEY FITNESS QUESTIONS



Q Is using spring-loaded running shoes cheating?

James, Luton

Most shoes are designed to maximise the power of each stride but some take it a step further – such as the innovative Enko Running shoe, which uses springs to retain energy that's normally dispersed when your foot hits the ground and give you a boost. Is it cheating? Well, the International Association of Athletics Federations (IAAF) has said the shoe wouldn't be allowed in competition. We'll call that a yes.

Q If I'm happy with my body, how much do I need to worry about sugar?

Nathaniel, Solihull

'Sugar gets digested very quickly, which can lead to spikes in blood sugar, often followed by a crash,' says nutritionist Jo Travers (thelondonnutritionist.co.uk). 'Over time this can interfere with your insulin production, and that can lead to chronic disease – diabetes, basically. If you really can't resist sugary snacks, eat them alongside foods with a lower glycaemic index, such as wholegrains and veg, to slow your digestion.' If nothing else, it'll wreck your teeth.

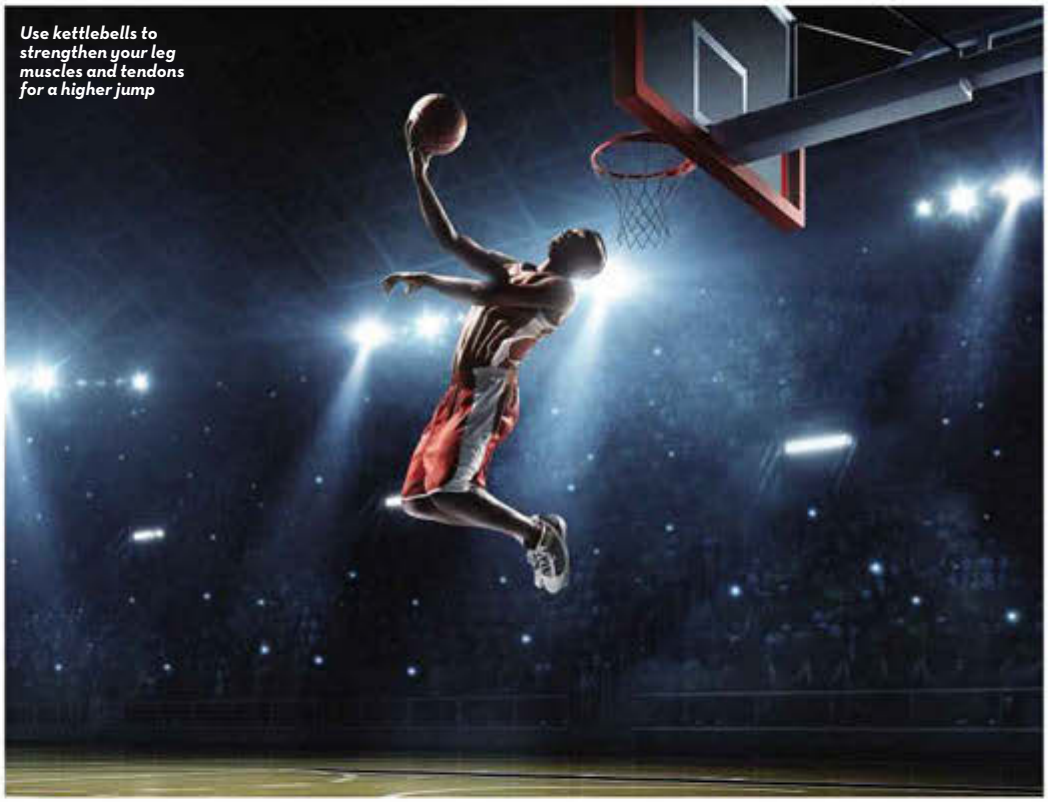


Q I train six times a week – weights and road running – but my body fat's 16% and it won't budge. What's the problem?

Rich, Liverpool

'I'd say training isn't the problem,' says coach Steve Kowalenko of W10 Performance. 'What's happening the rest of the week? Look at diet, hydration, sleep and stress.' Cutting back on processed foods, getting eight hours' sleep regularly and drinking black tea have all been shown to reduce your levels of the stress hormone cortisol, which encourages fat storage.

Photography iStock



Use kettlebells to strengthen your leg muscles and tendons for a higher jump

Q I want to be able to slam dunk. How can I improve my vertical jump?

Star Letter

Aaron, London

'Coach Mac' of basketballforcoaches.com has a plan he calls the Coach Mac Vertical Jump Programme, which includes slow-motion squats, tuck and lateral jumps, jump lunges and toe raises. 'Adding five to ten minutes of skipping a day to your routine will have a big effect,' the coach adds. 'The combination of explosiveness and timing translate very well to your jump.' Next step: use kettlebell powerbombs – do a swing as normal, then 'spike' the bell down between your legs before repeating the move. The increased eccentric loading makes your calves and achilles tendons work overtime.

last issue's issues

Q I didn't know eating salmon raw was OK as in your tartare recipe. Is raw the way forward?

Mike, Croydon

Well, that might be oversimplifying it. Never eat raw chicken or pork because of the risk of bacterial poisoning – and some foods you may well eat raw actually benefit from being cooked. 'Betacarotene found in carrots helps your immune system against infections and keeps your skin healthy,' says nutritional therapist Anthea McCourtie (younutritionaltherapy.co.uk). 'Cooking your carrots actually helps better activate the chemical. The same for kale, which contains goitrogens – these are substances that suppress thyroid gland function, and their effect is largely deactivated by cooking.'



SUBSCRIBE TO *MEN'S FITNESS*

And get 5 issues for £5 plus FREE LA Muscle Workout Recovery Gel

For more details see p35 or call 0844 844 0081



GET IN TOUCH

Got a fitness question?

MensFitnessMagazine

@MensFitnessMag

using the hashtag #MFAQ

Fiat with EXPO MILANO 2015

ATTRACTION+

If you like front-wheel drive in your car you'll get a kick out of the Traction+ System. Set the Drive Mood Selector to Traction and this smart bit of tech will make your life a lot easier. Low-grip surfaces become the proverbial walk in the park. No more arriving in a bad mood. Fiat 500X does the work. You look good.

TEST DRIVE THE NEW FIAT 500X TODAY
FIND YOUR NEAREST DEALER AT **FIAT.CO.UK**



500X

THE ITALIAN CROSSOVER
FIAT 500X HAS ARRIVED

FIAT

fiat.co.uk

Fuel consumption figures for Fiat 500X range, available at launch in mpg (l/100km): Urban 36.2 (7.8) – 60.1 (4.7); Extra Urban 56.5 (5.0) – 74.3 (3.8); Combined 47.1 (6.0) – 68.9 (4.1). CO_2 emissions 144 - 109 g/km. Fuel consumption and CO_2 figures based on standard EU tests for comparative purposes and may not reflect real driving results. Model shown Fiat 500X Cross Plus.





THE BIG PICTURE

Light rider

Words Matt Huckle **Photography** Patrick Rochon (patrickrochon.com)

Lights, batteries and water don't generally play nice together, so strapping a load of LEDs to a wakeboard is asking for trouble, especially when you're working against the clock. 'We didn't have time to test if the lights would all work or if they'd just blind the rider,' says photographer Patrick Rochon. When he took this striking shot of pro wakeboarder Mike Dowdy for the Red Bull Illume photography competition, he admits, 'the board and lights were touching the water for the first time'.

Fortunately the boards held up, although technical issues meant each board had about 20 minutes of life in it, so the shots had to be done quickly. 'Framing the shots in darkness was tough,' Rochon says. 'But once the riders got how it worked, they flew with it.'

SONY

I can train through anything

with the waterproof Xperia™ Z3*



*The Xperia™ Z3 and Xperia™ Z3 Compact are waterproof and protected against dust as long as you follow a few simple instructions: all ports and attached covers are firmly closed; you can't take the phone deeper than 1,5m of water and for longer than 30 minutes; and the water should be freshwater. Casual use in chlorinated pools is permitted provided it's rinsed in freshwater afterwards. No seawater and no saltwater pools. Abuse and improper use of device will invalidate warranty. The phones have an Ingress Protection rating of IP65 and IP68. To see what this means and for more information see www.sonymobile.com/durability. Sony and Walkman are trademarks or registered trademarks of Sony Corporation. Android, Google Chrome and Google Play are trademarks of Google Inc. PlayStation is a registered trademark of Sony Computer Entertainment Inc. ©2015 Sony Mobile Communications Inc. All rights reserved.

UPGRADE

P16 EAT FAT, STAY LEAN **P20** BE KING OF THE MOUNTAINS **P22** JUMP SIDEWAYS FOR STRONGER LEGS
P26 BAG A BETTER BODY **P32** GET FASTER WITHOUT LOSING MUSCLE **P44** APPLE WATCH: RATED



Happy days

Eat yogurt to make your life more positive

Ex-soap stars on adverts might not be the most scientifically reliable sources, but trust us, yogurt is good for digestive health – and now, a study has shown the same stuff that helps your stomach could also put a smile on your face. The Institute of Brain and Cognition gave one group of people a placebo and another probiotics for four weeks, and analysed both groups at the start and end of the study. The group that took the probiotics had a significantly reduced focus on recurrent negative thoughts. Our advice is to go Greek: as well as having more muscle-building protein than standard yogurt, Greek yogurt also has a higher probiotic count because it's more concentrated, so – like a middle-aged woman in a movie, escaping from a cheating husband to an idyllic island and finding herself – you'll end up stronger *and* happier.

Words Max Anderton **Photography** Henry Carter



STANDING STARTER

How to make a high-fat meal far less unhealthy

Though dietary fat's been unfairly vilified in the war on obesity, eating a meal with a high proportion of fats does make your blood vessel function take an immediate hit – a precursor of heart disease. Not to worry though: a short burst of high-intensity exercise before eating prevents damage being done, according to a new study by the University of Exeter. The research found that just eight minutes of high-intensity cycling not only stops blood vessel function from decreasing after a high-fat meal, but actually improves it. The best news? Burgers and chips taste even better after a tough interval session.

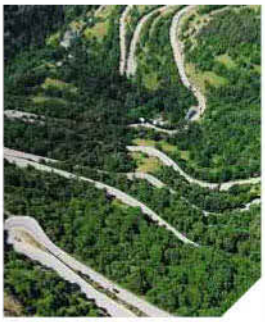
GUIDED TOUR

Don't just watch this year's Tour de France – hop on a stationary bike and replicate its most iconic climbs with the help of thecolcollective.com



COL DU TOURMALET

Used more than any other climb in the Tour, this 16.9km ascent is a slow burner. After an easy 3.5km, hold 85rpm on medium resistance for 15 minutes. The road then takes an 8-10% gradient to the top, so try to smash out 45 minutes at 75rpm.



ALPE D'HUEZ

This one starts hard, pushing you into the red with little chance to recover. Go for 15 minutes at around 70rpm, then keep the pressure on as you try to recover by keeping a consistent 85rpm for up to 45 minutes.



MONT VENTOUX

Prepare yourself for two hours of solid effort. Do 30 minutes of gradually increasing resistance followed by an hour at a comfortable resistance, and then the final 30 minutes at a higher resistance until your tank is empty.

Words Max Anderton **Photography** iStock, Tom Warry, Rex

FITNESS NEWS

FIT CLUB

The new generation of golfers are more likely to lift weights than smoke cigars. Here are three of the fittest right now, and how to train like them

GET ARMS LIKE...



ADAM SCOTT

The 2013 Masters champion uses battle rope drills to build powerful biceps. Do three minutes of alternating waves, take a 90sec rest and repeat three times at least twice a week.

GET RIPPED LIKE...



RORY McILROY

World number one McIlroy attributes his physique to high-intensity weights circuits. To emulate him, do a kettlebell circuit of swings, clean and presses and Russian twists. Do 12 reps of each and as many rounds as you can in ten minutes.

GET POWER LIKE...



DUSTIN JOHNSON

Johnson has won nine PGA tournaments thanks to medicine ball and plyometric exercises making every stroke explosive. Do three supersets of ten to 12 med ball slams and box jumps for a strength- and endurance-building workout finisher.

THE FUEL TO RULE

EVERY TACKLE. EVERY BATTLE. EVERY *GAME.*



ENHANCES HYDRATION
FUELS PERFORMANCE

Lucozade Sport provides carbohydrates and electrolytes to enhance hydration and help maintain performance during prolonged endurance exercise. LUCOZADE SPORT and the Arc Device are registered trade marks of Lucozade Ribena Suntory Ltd. © Copyright Lucozade Ribena Suntory Limited, 2015. All rights reserved.



REINVENT THE WHEEL

Cheese could be a secret weapon against heart disease

Surrender monkeys they may be, but 'cheese-eating' isn't an insult we should throw at the French. Researchers studying the French Paradox – France's long life expectancy despite a diet high in wine and saturated fats – concluded that the amount of cheese they eat could be the key to avoiding heart disease. The average French person consumes 23.9kg a year, while we in Britain eat 11.6kg – yet the UK has twice the levels of cardiovascular illness. The study found more cheese correlated to higher levels of butyric acid, which helps reduce obesity, raise metabolism and lower LDL cholesterol, all of which promote a healthy heart.

DON'T CUT THE CHEESE

Eat more of these cheeses and get healthier

ROQUEFORT

A 2012 study found the mould in this French blue cheese has anti-inflammatory properties

MOZZARELLA

The stuff that makes pizza so tempting has the highest calcium content of all cheeses.

GOUDA

Vitamin K2 helps your body move calcium into areas that need it, and gouda has more of it than any other food.



NUTRITION NEWS

BETTER WITH AGE

Some foods improve when left overnight, and not just in flavour – they're better for you



RICE

FOR FAT LOSS

Boil it with a dash of coconut oil and leave it till the next day – this will alter its molecular structure, reducing its calorie content by up to 60%.



BEEF BROTH

FOR SKIN CARE

After roasting beef, use the bone as the base for a broth. Over time its collagen breaks down into gelatin, which is easier to digest and excellent for skin elasticity.



CURRY

FOR DIGESTIVE HEALTH

Foods with strong flavours often taste better when those flavours are given time to soak in – plus the meat in a curry tenderises overnight, reducing your chances of getting indigestion.

THE NEXT BIG THING

The latest developments in sports nutrition – explained

THIS MONTH CAFFEINE TAPERING



Caffeine has a clear benefit on performance, as indicated by a study published in *Medicine And Science In Sports And Exercise* showing that caffeine increases time to exhaustion in high-intensity cycling efforts. But if you're justifying a three-a-day espresso habit on the basis of better performance in the saddle, Team GB rider Ed Clancy has bad news. 'A lot of riders are caffeine tapering these days,' he says. 'The idea is to ditch coffee for a few weeks before a big effort, then have one or two to get the effect on the big day.' Time for a real coffee break.



'DITCH COFFEE BEFORE A BIG EFFORT'

– GB cyclist Ed Clancy, Olympic gold medallist

Words Max Anderton, Joel Snape **Photography** iStock

AmericanPistachios.co.uk

The POWER of PISTACHIOS®

OFFICIAL SNACK OF MARK CAVENDISH

Harness the power of American-grown pistachios.
Whether you're racing to the office or across the finish line, natural American pistachios contribute nutrients your body needs to live life to its fullest. High in potassium and with 6 grams of protein per serving, pistachios help build muscle tissue and are a delicious way to fuel your life.



MARK CAVENDISH
Most successful sprinter of all time – Tour de France
2011 Road Race World Champion
Fastest man on two wheels

Pistachios are a source of protein, contributing to the growth and maintenance of muscles. They're high in potassium and a source of magnesium, which help your muscles work normally. A single 28g serving (approximately 49 nuts) contains 6g of protein and 3g of fibre. Pistachios are a high source of copper and manganese and a source of selenium, zinc, vitamin E, and riboflavin, which are antioxidants that help protect cells from oxidative stress. Pistachios are a source of energy, high in Vitamin B6, and are a source of iron, so they contribute to the reduction of fatigue, support normal immune system function and support the normal release of energy from foods. They're a high source of chromium that plays a role in the normal metabolism of fat, protein and carbohydrate and helps maintain normal blood glucose levels. Pistachios are also high in Vitamin B1, which contributes to normal function of the heart and nervous system.

AMERICAN QUALITY PISTACHIOS® California Grown

LOOK FOR THE MARK OF AMERICAN PISTACHIO GROWERS

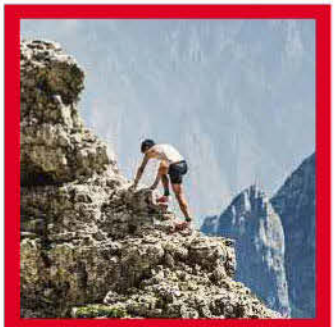


© 2014/2015 American Pistachio Growers | Photo: © TDWsport.com



TRAIN LIKE... KILIAN JORNET

The Spanish mountain man may be the greatest endurance runner alive. Here's why



WHO?

A ski mountaineer in the winter and mountain runner in the summer, Jornet was climbing 3,000m hills by the age of five and now has the kind of lung power a whale would envy.

WHAT MAKES HIM THE GREATEST?

Jornet is six-time champion of the long-distance Skyrunner World Series and winner of some of the world's toughest ultramarathons. He also holds the records for fastest ascents and descents of Mont Blanc, Matterhorn and Kilimanjaro.

HE SAYS

'Running in the mountains is not just running – it's a sensory experience. You must enjoy the scenery, smell the earth, feel the wind and experience moments of great emotion.'

When in peak condition Jornet's body composition is 47% muscle

47%

KILLING IT

Jornet crossed the Pyrénées by running 853km in just eight days, climbing more than 39,000m in the process



Blind faith

One of Jornet's training techniques is to commit the upcoming terrain to memory, close his eyes and run – for up to 50m

HIGH TIME

Jornet hits the mountains every day and over the course of a year, on foot and skis, he averages...

1,000 HOURS TRAINING

5,500KM ELEVATION

15,000KM DISTANCE



Lung guns

Jornet has a 90mg/kg VO_2 max – essentially, how much oxygen reaches your blood with every breath. The highest ever recorded was 96mg/kg. The average? 40mg/kg.

REACH YOUR PEAK

Mountain-inspired training drills to help build stamina and a lean physique Jornet would be proud of



RUN FOR FAT LOSS

One study found that six sessions of six 30-second sprints a week, resting for four minutes in between, makes you leaner in just two weeks. Sprint up hills and you'll also strengthen your legs, core and glutes.



RIDE FOR ENDURANCE

Do the drill Team GB cyclists use to improve endurance: three minutes' flat-out effort, followed by 15 minutes' active recovery. Do it three times during an hour-long ride or in one go on a stationary bike.



SKI FOR CARDIO

The Concept2 SkiErg mimics the motion of cross-country skiing. Build cardio fitness and upper-body strength by doing 20 seconds at full intensity, followed by active recovery for 40 seconds, ten times over.

Words Max Anderton **Photography** Markus Berger, Damien Rosso

LET'S GO...

KYMCO

I GO FOR STYLE AND PERFORMANCE

CK1 125
ONLY £1,999

- Naked sports styling
- Ideal first bike - learner legal
- Available now in 3 great colours
- **Now with subsidised insurance †**



RIDE AWAY WITH **£99** DEPOSIT*

Whatever you're looking for in a motorbike, go for KYMCO!

To find your local KYMCO dealer visit: **kymco.co.uk** or call: **01743 761107**

*Kymco Finance is only available through Black Horse Ltd, St William House, Tresillian Terrace, Cardiff, CF10 5BH. Finance is subject to status. Terms and conditions apply. Please see website for full details.

† Subject to terms and conditions.

Think laterally

Enhance your plyometrics routine with the lateral burpee box jump, a move with no unpleasant side effects

Burpees? Fine. Box jumps? Even better. Burpee box jumps? Now you're talking – but, for the sporting gentleman, they're even more effective when done with a twist. 'Most training programmes focus on straight-ahead speed,' says strength coach Steven Morris (elitefts.com). 'But sideways and angular movement is often neglected.'

Enter the lateral box jump. By propelling yourself into the air and sideways, you'll build explosive strength while also challenging your neuromuscular co-ordination. Add in a burpee and you'll also improve your proprioception – your body's sense of where its parts are in relation to each other – as well as getting in some conditioning. The result? Strength you can apply from every angle.



How to do it

SETS **4** REPS **3 EACH SIDE**

Lower into a press-up, then jump up to your feet. Do a quarter squat, then jump explosively onto a box stationed 90° to one side of you. Complete three reps, then turn 180° and repeat, jumping in the opposite direction. Focus on explosiveness and height, and stop before you feel fatigued.

EMBRACE THE PUMP

You've probably experienced the 'pump' – the post-workout rush of blood to your muscles – but it's not just about looking huge. New research says it transports oxygen and nutrients where they're needed. Here's how to make the most of it.



HOLD THE SQUEEZE

Still cranking out the curls Ron Burgundy-style? Nobody's impressed. Forcefully contract your muscles at the top of each rep to reinforce the mind-muscle connection.



SUPERSIZE YOUR SETS

Supersets increase blood flow to your muscles as they fatigue – perfect for the pump. Try the arm tornado: 20 reps of both dumbbell curls and cable push-downs, repeated seven times.



DROP IT, THEN HIT IT

Go past the point of fatigue with drop sets – hitting failure at one weight, then immediately dropping to a lower weight and squeezing out a couple more reps. Repeat once more for a double-drop set, and know that Arnie would be proud.

Words Joel Snape **Photography** Mark Harrison **Model** Daniel Ventura@WAthletic


boardman
elite SERIES
IMPROVED HANDLING & CONTROL
Designed to handle the most demanding roads the SLS Disc series combines optimized modulus carbon engineering with hydraulic disc brakes, front and rear bolt through axles and internal cable routing to offer a stiff superlight frame without compromise to comfort
SLS/DISC
boardmanbikes.com
boardmanbikes
boardmanbikes
@boardman_bikes
The Boardman Elite Series is available from selected independent bike dealers. Elite Series: AiR, AiR/TTE, AiR/TT, SLS, SLS DISC, SLR, CXR & Fi
Model shown SLS Disc 9.0 £2299.99 / See website for full details, specs & pricing. Performance Series also available - see website

Game on

Combine African flavours with traditional British meat for a muscle-building kebab

MF Quick meals

Bad news for Bambi: venison is one of the healthiest meats in existence. Low in fat and high in protein, it's also full of iron, which helps metabolise proteins and produce haemoglobin and red blood cells – essential for building healthy muscle tissue. Spicy harissa paste brings a lively African twist to this very British meat (it also disguises the slight metallic taste from all the iron) and is a simple way to create an exotic, healthy dish that's ideal for a summer barbecue. Point: made.

Words Max Anderton **Photography** Lauren Mclean **Food styling** Karol Gladki

VENISON SKEWERS

INGREDIENTS (SERVES 2)

500g venison, cut into 3-4cm cubes / 30g harissa paste / 25ml red wine vinegar / 50g mushrooms, chopped / 2 red onions, cubed / 2 red peppers, chopped / 1 courgette, chopped

TO MAKE

- Combine the harissa paste and red wine vinegar with the venison, and marinate in the fridge for a few hours.
- Remove from the fridge and put on skewers along with the vegetables. Brush the meat and veg with the remaining marinade.
- Heat your grill or barbecue, lay the skewers down so they're not touching, and cook for ten to 12 minutes, turning halfway through cooking.
- Let the kebabs rest for five minutes before serving.

per portion

CALORIES	PROTEIN	CARBS	FAT
602	70g	28g	20g

COURGETTES *contain* **POTASSIUM,** *which* **IMPROVES BLOOD PRESSURE**

RED PEPPERS *contain* **VITAMIN C,** *which* **HELPS YOUR BODY ABSORB IRON**

MUSHROOMS *contain* **VITAMIN D,** *which* **MAINTAINS HEALTHY BONES**

RED ONION *contains* **CHROMIUM,** *which* **REGULATES BLOOD SUGAR**



BEFORE EXERCISE.

DEEP HEAT IT.



Deep Heat Max Strength is a medicine. Read the label.

AFTER INJURY.

DEEP FREEZE IT.



Deep Freeze Cold Spray is a medical device.

The UK's number one selling cold spray and heat rub range.

DEEP HEAT

DEEP FREEZE



YOUR TOOL FOR...

- ✔ ENDURANCE
- ✔ CORE STRENGTH
- ✔ GRIP

Words Joel Snape **Photography** Danny Bird **Model** Ben Watts@WAthletic

HOW TO USE...
THE BULGARIAN BAG

Want a workout tool that'll give you sports-specific rotational strength and lung power to match? Don't worry – it's in the bag

It's time to feel the force – centrifugal style. Bulgarian bags – those sand-filled hunks of leather and plastic – don't come any heavier than 20kg, but weight's not the point here: by swinging or whirling them around, you'll work your muscles from every angle. They're a test of full-body co-ordination that's also easy on your joints, which is why hard-training Eastern European wrestlers have been using them for a decade. Twice a week, complete this circuit three times, doing each move for 30 seconds, to bag a better body.





1// ROTATIONAL SWING

Grab the bag by both handles and swing it around in front of you in a circle, dipping slightly at the knees as it goes through its lowest arc. Keep a steady pace, and change direction after 15 seconds.





2// LATERAL SWING

Swing the bag up to your shoulder, then step to one side slightly and swing the bag to that side, as if you're swinging a scythe (if you've ever done that). Repeat on the other side. Continue, alternating sides.





3// SWING TO SQUAT

Swing the bag between your legs, dipping slightly, then raise it over your head and onto your shoulders. Lower into a squat, then take the bag off your shoulders as you come up and go straight into the next rep.





4// LATERAL LUNGE

Put the bag on your shoulders, holding it securely at each end. Take a big sidestep and lower until you feel a stretch through your groin. Return to the start and repeat to the other side.





5// HALO

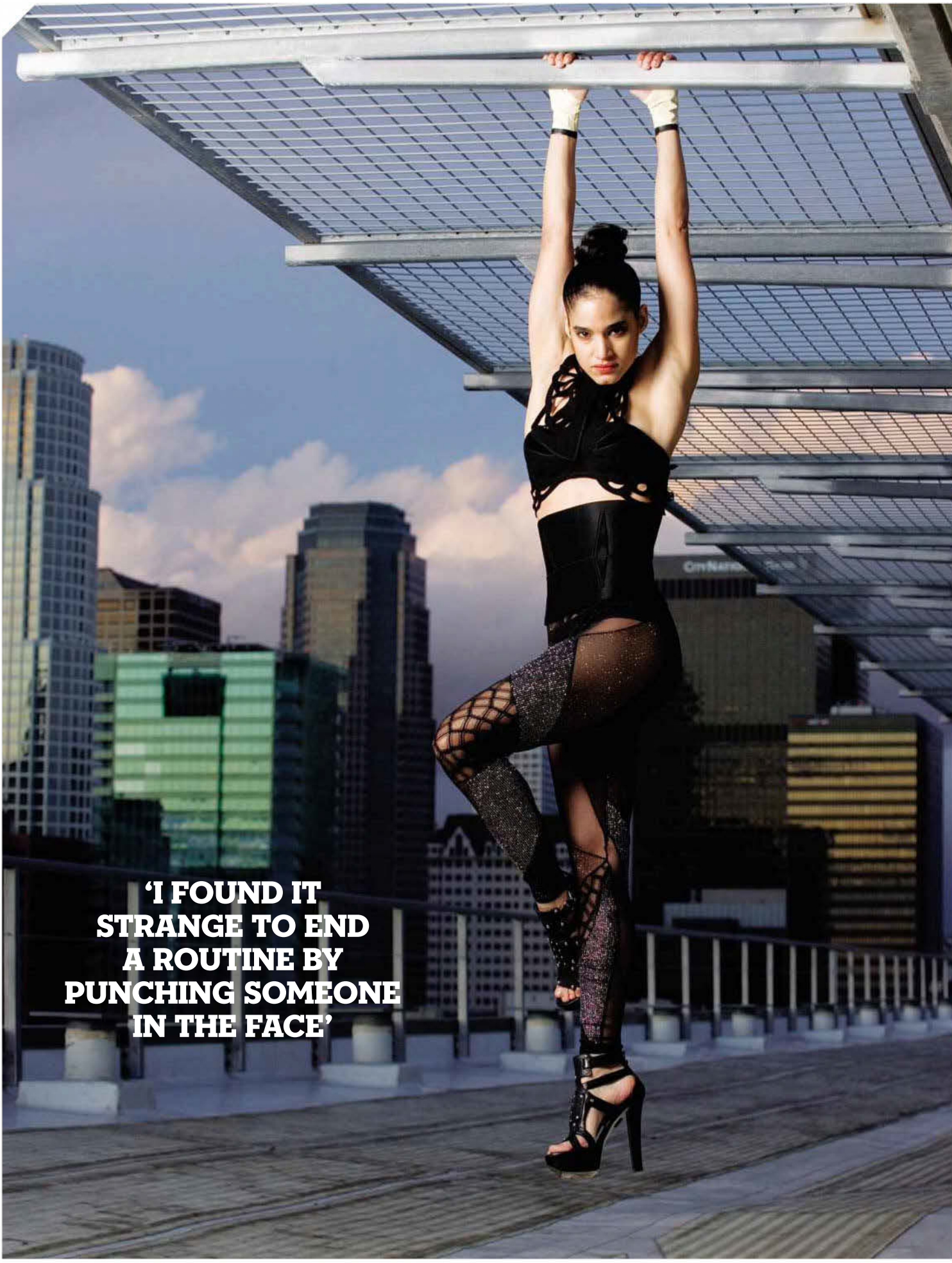
Hold the bag overhead and rotate it around your head. When you finish a rotation in one direction, switch directions.





6// ALTERNATING GRAB

Holding the bag by its top handle, pull it up slightly and change hands, absorbing the weight of the bag. Continue switching hands, going as fast as possible.


‘I FOUND IT STRANGE TO END A ROUTINE BY PUNCHING SOMEONE IN THE FACE’



BLADE DANCER
SOFIA BOUTELLA

She's gone from ballet to badass. Meet the French-Algerian star who's equally comfortable dancing allegro or acting aggro

Street dance pioneer Sofia Boutella has appeared in numerous commercials – that was her in Nike's 'Keep Up' campaign, dancing opposite a huge, thumping bass speaker in a darkened warehouse – and music videos from the likes of Madonna, Rihanna, Usher and Ne-Yo. But now she's turned to acting, bringing an unnerving, intense physicality to roles in *Kingsman: The Secret Service* – in which she plays an assassin who's had her lower legs replaced with lethal blades – and *Monsters: Dark Continent*. She's also been cast in the upcoming *Star Trek* movie, and she spoke to MF about the training required to be a dancer and to play a killer.

Gazelle, your character in *Kingsman*, carries out contract killings with her deadly prosthetics. Did mastering the athletic martial arts needed for this come naturally?
I trained taekwondo every day for three months in preparation for the part, although I already had the flexibility and movements down from dancing. I just found it pretty strange to end a routine by punching someone in the face!

If we want legs as strong and flexible as yours, what should we do?
The leg work I do is about performing one movement over and over again for long enough until the muscle goes numb – that's when I know it's working. It takes me around half an hour so I put on some music and repeat the exercise



until I can't feel myself doing it any more. It's hardcore, but it's worth it. The feeling of being able to kick with greater strength each day is empowering.

You had only three hours to prepare for your *Kingsman* audition. How did you pull it off?
I'd never seen any Bond films or anything like that so I based the henchwoman character on instinct and what the director had told me. I think my athletic ability played a big part in landing me the role. Once I'd finished filming, I did actually watch a few Bond films – Sean Connery is my favourite.

Before you started punting off people's heads on the big screen, you were touring with Madonna. How intense is the training to dance at such an elite level?
Dancing is such a great workout on its own that I never had to do much other training. When I toured with Madonna I just did a bit of Pilates in the morning and that was it. That's why dance classes are such an amazing alternative to going to the gym. Try out a freestyle class like hip-hop and see how much you sweat. I've been doing ballet and rhythmic gymnastics since I was five years old and I've learned that dance training at any level is just about developing muscle memory. You do the moves over and over again until you're doing them unconsciously. You should be able to think about something totally unrelated and still pull the moves off perfectly. The same thing applies for learning film lines and fight choreography – everything is about repetition.

In *Kingsman* you worked with one of *MF*'s heroes, Samuel L Jackson – in fact you killed for him. What was the best thing about working with the big man?
He's just as cool in real life as he is on the screen. He reminded me to have fun, which is important because I criticise myself too much. Samuel said putting too much pressure on yourself makes it hard to enjoy what you're doing, which reduces the quality of the work. He taught me that if you focus on relaxing and try to enjoy the process of what you're doing, you actually perform better.
***Kingsman: The Secret Service* is available on DVD and Blu-ray from 8th June**

BLADES OF GLORY

Get gazelle-like agility and muscle endurance with this unorthodox legs routine. Boutella does each exercise for 30 minutes with no rest, but recommends you start with three minutes each side per move

SINGLE-LEG RAISE

Sit with your legs straight, palms on the floor behind you and arms locked for support. Bend one leg and plant your foot on the floor. Lift your other leg as high as you can, keeping it straight. Lower under control.



CROSS LEG EXTENSION

Sit with your legs bent, palms on the floor behind you and arms locked for support. Bring one leg over the other, then bring it back and extend it diagonally in the opposite direction, pointing your toes. Continue crossing and uncrossing without stopping.



FRONT AND REAR LEG EXTENSION

Sit on the floor, resting on one hip, with both hands planted on one side for support. Keeping your lower leg bent beneath you, extend and straighten your top leg, pointing your toes, then bring it back and extend it as far behind you as you can. Continue extending your leg forwards and backwards without letting your foot touch the floor.



Words Sam Razvi Photography Getty Illustration Bill McConkey



Do pulling moves explosively to build upper-body fast-twitch muscle fibres

How can I build more fast-twitch muscle?

THE EXPERT



NAME
IAN KING

SPECIALITY
STRENGTH & CONDITIONING

King has coached Olympic athletes in over 20 different sports and says anyone can train to build fast-twitch muscle and become more explosive

Ever heard someone complain that they are hampered by a natural lack of fast-twitch muscle? It's just not true. Whatever genetic hand nature has dealt you, you can increase your ratio of fast-twitch to slow-twitch muscle fibres by working out in a way that forces your body to adapt.

Everyone has two types of muscle fibre: fast-twitch, which generates explosive power, and slow-twitch, which generates less power but can work for longer. Having lots of slow-twitch fibres is ideal for endurance sports such as triathlon, but for explosive activities such as weightlifting, sprinting or football, you need more fast-twitch fibres.

How much you have of both types can vary dramatically, but even if you're mainly a slow-twitch guy – probably due to a combination of genes and gradual adaptations – you can still turn yourself into a fast-twitch machine.

Less is more

The key is to encourage this adaptation while cutting back on counter-productive slow-twitch activities. You might love running 5K or 10K three times a week, but if you want to be more explosive, you need to focus on training that develops more fast-twitch muscle.

I recommend four workouts a week, alternating between upper and lower body. Do free weight-based compound moves as fast as possible, with five-minute rests between sets. Even if you're not moving the weight very fast, by trying to lift it explosively you prompt the body to develop more fast-twitch muscle. The long rest periods allow for full metabolic and neural recovery – but they won't make for epic two-hour gym sessions. The aim is quality not quantity, with low rep ranges based on your experience – six to eight reps per set if you've been training for two years or less, four to six reps for two to five years and one to four reps for five years plus – and a maximum of ten working sets, split between three or four exercises.

People tend to focus on pushing movements such as benching for their upper body, and quad-dominant exercises like squatting for their lower body, which can lead to muscle imbalances. To counteract this, I would fill the first upper-body workout of the week with pulling moves, and the first lower-body session with hip-dominant moves (see below).

Stick to this plan and your lifting will improve, you'll be more athletic on the sports pitch and more effective at day-to-day activities such as sprinting to catch a bus.

kingsports.net

FAST AND FURIOUS

Use King's explosive workouts to build fast-twitch muscle and correct muscle imbalances. Do ten sets in each workout, starting with six to eight reps of each move. Rest five minutes between sets

UPPER-BODY

BARBELL BENT-OVER ROW
Hinge forward at the hips and pull the bar up to your lower sternum, using an overhand grip.

CHIN-UP
Grasp the bar underhand. B brace your core and pull yourself up until your chin is above the bar.

BARBELL BICEPS CURL
Curl the bar up to your chest, keeping your core braced and using an underhand grip.

LOWER-BODY

POWER CLEAN
Lift the bar explosively to chest height, drop into a half squat to catch it on your chest, then stand.

DEADLIFT
With an overhand grip on the bar, drive through your heels and contract your glutes as you stand.

ROMANIAN DEADLIFT
With knees slightly bent and back straight, lower until you feel a moderate stretch in your hams.

Photography iStock

OFFICIAL **MARK CAVENDISH** SPORTIVE



RISE ABOVE SPORTIVE

SUNDAY 09 AUGUST 2015
CHESTER - NORTH WALES - CHESTER
80/120/185 KM

PROUDLY SUPPORTING

RIGHT TO PLAY

HELP for HEROES OFFICIAL CHARITY PARTNER

FIND OUT MORE & SIGN UP NOW

RISEABOVESPORTIVE.COM

@RISEABOVERIDE

OAKLEY DMR SPECIALIZED SiS Cyclist JAGUAR CVNDSH



Can I train to be fast and strong at the same time?

THE EXPERT



NAME
ALEX VIADA

SPECIALITY
HYBRID TRAINING

Viada squats 320kg, deadlifts 335kg, and runs triathlons and ultramarathons, and he'll teach you to do the same.

Let me make this simple: if you think you can't be strong and fast at the same time, you're not training properly. Either that or you're giving up way too easily. You might not set records in either area but if you think you can only do one or the other you're ignoring thousands of rugby players, American football players and people in the military who do both.

Pick and mix

The problem with most running and lifting programmes is that they're very time-intensive. If you try simply to do both, it'll end in absolute disaster. That's what happened to me the first time I tried it. The trick is to keep the crucial core so you get about 80% of the benefit of each. You'll have to run less than a marathon runner and lift less than a strength athlete – but, in the end, the two complement each other, so one doesn't prevent you training successfully in the other.

The more you want to do, the more selective you have to be with your exercises. Look at what will improve you and what's just work for the sake of work. If you want to train to be fast and strong, keep it simple – do two to three running workouts and two to three lifting workouts a week, each at varying intensity and volume. Stick to what you know will be useful. That won't be the same for everyone, but a general rule is to do compound multi-joint movements such as squats, lunges and overhead presses for strength and a combination of short, fast intervals and long, slow runs for conditioning.

Head games

It's also important to consider fatigue and to distinguish between mental and physical fatigue. High-intensity work and long-distance, low-intensity exercise produce different types of physical and mental fatigue, and managing this is vital. Perform all the activities that create the same kind of fatigue at the same time. For example, you should do your heavy upper body training session and heavy sprint interval session on the same day. The same goes for a long run that takes as much mental as physical endurance. Do your slow bodybuilding-type exercises on the same day as the long run because they require the same type of endurance.

I tell people that if you can run 5km without walking and squat 1.5 times your bodyweight, you're a healthy, well-rounded individual. If you can't do either, you need to address that – but never think you can't do both.

Alex Viada's new e-book, The Hybrid Athlete, is out now. Visit jtsstrength.com

THE HYBRID PLAN

Viada combines high-intensity (heavy weights, low reps) days with high-volume ones (lighter weights, higher reps) to manage fatigue and stay fresh for tough runs. Here's how it's done

MONDAY **Morning: High-intensity upper-body workout. Afternoon: 400-800m intervals, above race pace. Run 2.4km in total.**

TUESDAY **High-intensity lower-body workout.**



WEDNESDAY **'This is your mid-tempo run,' says Viada. Aim for 20-40 minutes' running, slightly slower than race pace.**

THURSDAY **High-volume upper-body day (lighter weights but more sets and reps than Monday).**

FRIDAY
High-volume lower-body day.



SATURDAY/ SUNDAY
Do 60 minutes or more of easy cardio on one weekend day. Rest on the other.

Photography iStock Illustration Sudden Impact



THIS IS NOT A WATCH

It's 689 calories burned this morning
with 4,300 songs at my control.
5 perfect group selfies at the party
with 25 Facebook notifications the next day.



ALCATEL onetouch Watch

Download the Onetouch Move app to your smartphone

GET IT ON Google play

Download on the App Store

Available from

Currys PC World

Dixons travel

https://www.facebook.com/ALCATELONETOUCHuk

https://twitter.com/ALCATEL1TOUCHUK


Omega 6 fats aren't that dangerous – as long as you balance them with omega 3s

Am I eating too much linoleic acid?

THE EXPERT



NAME
DR SARAH BREWER

SPECIALITY
NUTRITION THERAPY

Author and former GP Brewer explains why you need an essential fat – even though it can cause heart disease

Linoleic acid is a liquid found mostly in polyunsaturated fats, such as cooking oils. It's an omega 6 fatty acid which, along with omega 3, is one of two essential fats our body requires but can't manufacture, so we have to get it through our diet. It plays a role in reproduction, brain activity, hair growth, bone density and energy production – but if you consume too much and the rest of your diet isn't right, it can cause alarming health problems, including metabolic disease, heart disease, joint pain and skin conditions such as eczema. So how do you ensure you get only the good things from this crucial fat?

Inflaming tensions

Of the two essential fatty acids, omega 6s are inflammatory and omega 3s anti-inflammatory, so we need both to balance each other. When we consume too much linoleic acid without enough omega 3s, the omega 6s are converted into chemicals that promote inflammation in the body's tissues. That's when health problems can occur.

This problem is the result of conflicting advice we've been given about fats. For years dieticians have advised us to improve our cholesterol levels by avoiding saturated fats (found in food such as processed meats and butter) in favour of polyunsaturated fats such as vegetable oils.

Although it's effective for cholesterol, eating so many polyunsaturated fats increases the amount of linoleic acid in our diet, elevating the risk of inflammatory conditions. The only way to balance this is to consume enough omega 3s.

Find your balance

Fortunately it's not especially difficult to redress the balance. The best way to reduce your omega 6 intake is to switch from polyunsaturated cooking oils (such as sunflower and corn) to monounsaturated oils (olive, flaxseed and rapeseed).

Avoiding processed foods is another great way to avoid excess linoleic acid. Cook your meals from scratch using whole, healthy ingredients. Also add more omega 3s to your diet: snack on nuts and seeds, especially pumpkin seeds, and to eat more oily fish such as salmon.

Linoleic acid shouldn't be vilified – it's essential to our diet. But as with almost every food on the planet, we need to consume it in moderation.

Follow Brewer on Twitter @DrSarahB or visit drsarahbrewer.com. Her book* The Essential Guide To Vitamins, Minerals And Herbal Supplements *is available from Amazon

PASS THE ACID TEST

Follow these steps to correct your fatty acid balance

KNOW THE SYMPTOMS

'Signs that you're eating too much linoleic acid and not enough omega 3s include feeling thirsty and irritable, having dry, itchy or cracked skin and dandruff, struggling to fight off illness and finding wounds slow to heal,' says Brewer.

TAKE THE TEST

An omega blood test kit will show you your levels of omega 6 and omega 3 (a ratio of around 3:1 is healthy) and recommend the dietary changes you need to make to achieve a better balance. The Ideal Omega Blood Test is £55 from nutricentre.com.

MAKE THE RIGHT SWAP

Margarine and other spreads are often high in linoleic acid, so switch to an omega 3-rich alternative or use unsalted butter, which also helps boost your immune system. Peanuts also have a high linoleic acid content so replace them with omega 3-packed chia seeds or walnuts.



Photography iStock

Get 5 issues of *Men's Fitness*

FOR ONLY £5

PLUS **FREE** LA MUSCLE WORKOUT RECOVERY GEL



WORTH £29.99

YOUR FREE GIFT

LA Muscle's Workout Gel is specially designed to aid recovery after a hard training session. This revolutionary, fast-acting gel is easy to apply – simply rub it into the skin where it dissolves quickly.

- Use before workouts for a quicker warm-up, more blood and more oxygen
- Use after workouts for speedier recovery
- Reduce your chances of post-workout injuries
- Big 200ml size



Visit dennismags.co.uk/mensfitness

or call now on 0844 844 0081*

*quoting offer code **P1508BA** for Print + Digital or **P1508PA** for Print only*

*Calls will cost 7p per minute plus your telephone company's access charge. You will be able to view your subscription details online at **ManageMyMags.co.uk.** Gift limited to the first 100 orders. Limited to one per household. Please allow 28 days for delivery. UK only offer. Dennis Publishing Ltd reserves the right to replace this gift. Interactive editions available on Apple devices running iOS7 and later, Kindle Fire, Windows 8 and Android devices running Ice Cream Sandwich (4.0 and later).



Will foam rolling increase my range of motion?

YES

says Dr Jonathan Mike, who has a PhD in exercise science and has been S&C coach for both Western Kentucky University and the University of Louisville



Foam rollers allow you to self-administer a kind of deep tissue massage at home. They've been used extensively over the past decade in nearly every training centre – because they work. I've found foam rolling an excellent tool for boosting range of motion (ROM). Research has also shown its effectiveness, with one 2013 study finding that foam rolling could increase ROM by 4.3%.

Perhaps the biggest benefit is that you can do it yourself, and it can take as little as 30 seconds to have an effect. While finding the best position to target an area can be tricky, there are no real risks involved. There's no hurry anyway – it's not charging you by the hour. The worst that could happen is that you take a few minutes to find the spot where the muscle is tightest (the most painful spot when you roll over it).

'ROLLING COULD INCREASE ROM BY 4.3%'

To get the most out of foam rolling, I recommend doing it before and after any dynamic movement warm-ups you do as part of your training. Doing it on rest days can also be beneficial because it encourages the myofascial release necessary for increasing ROM.

Foam rolling itself doesn't give you the strength to put any real force behind new movements, but that's why it should be used as part of a session where you can put those movements into practice. One crucial point to remember is that while foam rolling doesn't help build strength, it has no negative effect on it either.

If you like foam rolling, it feels good and your training results indicate that it helps boost your ROM, why wouldn't you do it?

thestrengthexchange.com

NO

says Dr Mike Nelson, holder of a PhD in exercise physiology and a member of the American College of Sports Medicine



I've worked with everyone from 'soccer moms' to Olympic-level athletes. I don't recommend foam rolling to clients because it's not effective at increasing range of motion (ROM) in any kind of practical way, which is what it's most often used for.

'THERE ARE MORE EFFECTIVE USES OF YOUR TIME'

Foam rolling can provoke a short-term nervous system response, but some people do it in the belief that they're positively influencing the underlying tissue in a way that will have a long-term effect. And those people are wrong.

Because of its shape, a foam roller allows limited access to most tissues. Plus, you would really need to know where to target, how much pressure to apply and how long to apply it to leave any lasting impression. Hands-on deep-tissue work performed by a skilled professional can't be replicated or replaced by you flopping around on a foam roller like a dead fish.

It's certainly true that you may get a short-term nervous system response that increases your ROM, but it's pointless if you don't follow it up with an active drill that takes your body through that newfound range of motion. That's the only way you'll have some hope of actually being able to repeat it in situations where you haven't just freshly foam rolled.

It's not that I think there are any particular risks associated with foam rolling, just that you could find a more effective use of your time. For example, active mobility drills and weight training sessions work both on ROM and force generation simultaneously. Plus you'll burn fat at the same time. All without having to flail about hopefully on a foam cylinder.

miketnelson.com

Photography Danny Bird

LOVE CHAIN RUST?

Then don't lube up with this:

UK manufactured 100% biodegradable



Rust slows you down. Green Oil lube stops rust - and that squeek

Our Green Oil Chain Lube prevents rust, at just £5.99. Our Maintenance set to get your bike ready for summer is £34.99. Order by phone on 020 7274 8725, or at Green-Oil.net

Available at all bike shops which give a damn

2UNDR

JOEY™ POUCH

NEXT LEVEL BALL CONTROL

Introducing

This is no normal underwear range. It will change your perception of men's supports forever.

It's definitely
NOT UNDERWEAR AS YOU KNOW IT



Swing Shift™



Day Shift™



Gear Shift™



Power Shift™

Taking the US golf market by storm. Once tried, you'll never want to wear normal underwear again.
GUARANTEED!

2UNDR™ AMBASSADOR

James Anderson

ENGLANDS GREATEST EVER BOWLER





Sewn inside each pair of 2UNDR™ is a soft and comfortable penthouse apartment for your most valuable assets.

We call it the Joey Pouch™

2UNDR.EU

We ride for mums, dads, sisters, friends, daughters, partners, me.

Together we ride to end breast cancer now

Find your ride today:
breastcancernow.org/mensfitness
events@breastcancernow.org
0333 20 70 300

Breast Cancer Now is the UK's largest breast cancer charity created by the merger of Breast Cancer Campaign and Breakthrough Breast Cancer. We're dedicated to funding research into this devastating disease.

Registered charity nos 1160558 (England and Wales) and SC045584 (Scotland).

FSB FundRaising Standards Board

UPGRADE

KIT BAG

GAME-CHANGING FITNESS GEAR AND TECH



Eyes on the prize

Introducing Jawbreaker, the world's most advanced cycling sunglasses

Squinting uses 85 muscles in your head and around 10-15% of your body's energy, so wearing a pair of sunglasses for long rides is a must. Designed with the help of *MF* cover star Mark Cavendish, who wore a prototype in last year's Tour de France, the Jawbreaker is the result of more than 100 design iterations, 9,600 hours of lab and field testing and two years of plain hard work. With its enhanced field of vision, high-impact protective lens and the ability to pick out potential hazards on the road more easily, wearing it's like being a Lycra-clad Terminator.

£170 *uk.oakley.com*

Words Max Anderton **Photography** Henry Carter

South Tyrol ...
Italy with a twist



SÜDTIROL
The other side of Italy



South Tyrol is Italy at its best – with a dash of Alpine influence. Over 600km of cycling trails from paved routes, forest tracks, challenging ascents and endurance trails through rocky pathways all set against the dramatic backdrop of the magnificent Dolomites. Add to that, 300 days of sunshine a year, delicious food fusing Italian and Alpine influences, fine regional wines and 19 Michelin star restaurants – more than anywhere else in Italy - it's clear to see why South Tyrol is Italy with a Twist.

www.suedtirol.info

Coming up shorts

Your beachwear needs a rethink. We pick the best shorts for summer style



DUFFER OF ST GEORGE SANS

£25 *jdsports.co.uk*

Recreate a 1960s beach party movie with these retro-style shorts. Just take down a sand-kicking bully in view of some babes and the rest will be history.



ALPINESTARS FLOW

£46 *alpinestars.com*

Eight-way stretch material with no side seam reduces the risk of chafing to zero, even if you're in and out of the water all day long.



RIP CURL MIRAGE MF

£65 *surfdome.com*

Stand out from the colourful crowd this summer. The zip fly and button complete the classic look, while the welded back pocket keeps valuables safe.



ANIMAL HUGO

£50 *animal.co.uk*

They look like everyday shorts but the quick-drying material means you can go from home to beach to bar without changing or leaving a soggy trail.



QUIKSILVER ROCK SCALLOP 18

£60 *quiksilver.co.uk*

The old-school gym-shorts cut and 1990s print are complemented by modern features that include a bungee loop in the pocket to keep keys safe while swimming.



VOLCOM MACAW MOD

£50 *volcom.co.uk*

Strategically placed laser-cut holes reduce drag so you cut through the water smoothly – plus they're made from recycled materials to soothe your inner environmentalist.



VANS GREGG KAPLAN

£55 *vans.co.uk*

Turn Weston-super-Mare into Waikiki Beach with this striking collaboration between Hawaiian artist Kaplan and the board sport experts at Vans.



PATAGONIA STRETCH PLANING

£65 *patagonia.com*

An SPF50+ ultraviolet protection factor means you don't have to worry about the sun's harmful rays creeping through, no matter how long you're in the water.



PERFECT MOMENT MOJO

£64 *perfectmoment.com*

The silky-smooth, ultra-lightweight material is made from stretchy mesh that dries so quickly you'll wonder if you hallucinated being in the water.

Words Max Anderton **Photography** Henry Carter

ONE OBSESSION

#LIVEYOURS



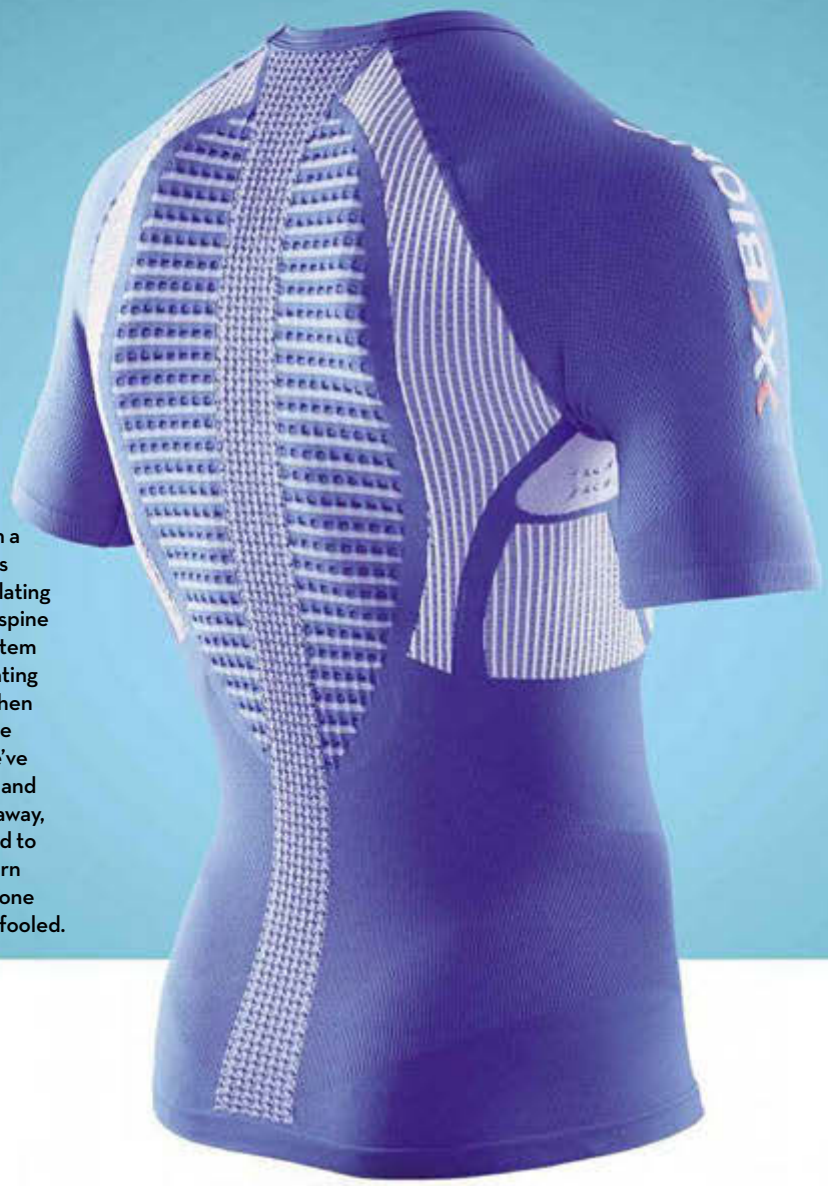
MARK CAVENDISH
IN THE WIND TUNNEL

©2015 OAKLEY, INC.

OAKLEY

Compress yourself

Compression gear promises to boost your performance and improve recovery by aiding blood flow. Get even more benefits with our pick of the best tops



X-BIONIC THE TRICK

£71 *x-bionic.co.uk*

The Trick gets its name from a sneaky cooling feature that's simple, yet ingenius: an insulating pad runs the length of your spine and dupes your nervous system into thinking you're overheating before you are. Your body then dutifully responds with some cooling sweat. Dubious? We've found that it works a treat – and any excess sweat is wicked away, leaving just a thin film behind to cool the skin so you don't turn into a clammy beast. This is one occasion we're happy to be fooled.



UNDER ARMOUR TRANSFORM YOURSELF

£45 *underarmour.co.uk*

A Harvard study found that just acting like a superhero can boost testosterone. Just in case you need an excuse.



NIKE PRO COMBAT

£38 *nike.com*

Compression gear has to be tight to work, which has the unfortunate side effect of amplifying discomfort from chafing. To combat this Nike has created a totally seamless top.



2XU MEN'S COMPRESSION

£60 *2xu.co.uk*

It's antibacterial with UPF50+ sun protection, but the stand-out (or maybe that should be 'stand-up') feature is its ability to encourage correct posture by applying varied pressure to different muscles.

Words Max Anderton



MF TESTS

Wearable fitness tech

The Apple Watch is finally available – so how does it measure up as a fitness tracker? We compare it with four other leading contenders for your wrist space

KEY: HEART RATE MONITOR | SMART FEATURES | SLEEP TRACKING | WATERPROOF | GPS

1 BASIS PEAK

£170 *amazon.co.uk*

The Basis Peak uses a heart rate monitor (HRM), gyroscope, accelerometer, thermometer and sweat sensor to automatically detect activities and record them. This is pretty smart, even if it does take 45 seconds or so to figure out what you're doing (it backdates to when you began). However, pausing stops your session, separating it into small chunks, and even more disappointingly it recognises only sleep, cycling and running. With no way to input workouts manually, it's impossible to record gym sessions – or swimming, even though it's waterproof.

Another issue with the auto-detection is a tendency to confuse sitting still with sleeping, and there's no way of deleting a session. This is especially frustrating because the supporting app and website 'gamify' your data, which means you're rewarded for your fitness achievements. Stats are not as accurate as they need to be for this.

Annoyingly, speed and distance aren't recorded because the Peak has no GPS. The only workaround is to feed heart rate data into a GPS tracking app, creating two sets of data – those on the Peak, and those in your app. Not ideal.

If you're looking for a device to track running, cycling and sleeping, with basic smart features, the Peak is the one. It's also likely to get better, with future updates promising to add third-party app support.

PROS ■ **Call, text and email alerts** ■ **Exhaustive support app and site**
CONS ■ **Doesn't record distance** ■ **No way to record gym sessions**
SCORE ●●●○○

2 APPLE WATCH SPORT

From £300 *apple.com*

As well as comprehensive smartwatch functions including text, call and app notifications, the Apple Watch has an accelerometer, gyroscope and optical HRM. It uses them to log workouts and estimate calories burned, feeding session data into its dedicated apps Activity and Workout, and iOS apps such as Health and MyFitnessPal.

There's no GPS, but it uses your iPhone to estimate stride and speed for your first couple of runs and cycles, and then remembers without needing the phone. In our test comparing two identical 6km runs, it was accurate to within 100m. However, there's no way to see route maps and it doesn't show splits or cadence or give progress updates. This could be addressed with a dedicated running/cycling app or update. The HRM is accurate, but slow to give a reading – and with no option (or app... yet) to set target zones, this means it's useless for heart rate training.

Slick design and an intuitive user interface make this the most desirable smartwatch around, but without key features – waterproofing, sleep tracking, GPS and so on – it can't compete with dedicated fitness devices. It does have some tricks, such as 2GB memory for music so you can listen to tunes while you train and record your sessions. It's stylish, comfortable and practical as a personal assistant, but if you're looking for a one-stop training aid, the Apple Watch isn't it – at least for now.

PROS ■ **Easy to use** ■ **Super-sharp screen**
CONS ■ **No live workout feedback** ■ **Not waterproof**
SCORE ●●●●○

Words Max Anderton **Photography** Henry Carter

4 GARMIN VIVOACTIVE

£200 *garmin.com*

With sports tracking features, smart notifications and GPS, the Vívoactive just needs an onboard HRM to have all major bases covered. Runs, cycles and even swims are accurately tracked, with live pace information and distances. It even has advanced information such as estimated VO_2 max (if you have a Bluetooth heart rate strap) and vertical oscillation. It keeps tabs on your daily steps and nightly sleep, all of which can be synched to and then viewed on the Garmin Connect app and website. Vívoactive can also pair to your smartphone to alert you to texts, calls, WhatsApp and Facebook messages, tweets and even Uber alerts.

However, the design of the watch could be better. It's small and light, but has a big black border round the low-res 205x148 LCD touchscreen – which has a dull display that can be hard to read outdoors. On the flipside, the lack of brightness does wonders for battery life. Garmin claims it'll go for three weeks with ten hours of GPS tracking. We needed to charge after a week of heavy use, but that's still impressive compared to the other devices tested.

This is as good as any sports watch, but unfortunately it also looks like one. Despite its smart features and two-week battery life, it's a bit ugly to wear in the pub – your mates will expect you to dash out for a run any minute.

CONS ■ **No HRM** ■ **Dull screen**
PROS ■ **Brilliant sport tracking** ■ **Excellent battery life**
SCORE ●●●●○



3 MICROSOFT BAND

£170 *microsoftstore.com*

This is a beast of a tracker, with HRM, GPS, smart notifications, ambient light sensor, a skin temperature gauge, sweat response sensor and even a UV monitor to warn you of impending sunburn. Sadly, it's also an ugly and uncomfortable beast. There are three sizes but you might struggle to get one that feels right because of the rigid shape.

Comfort aside, the Microsoft Band's trump card is its guided gym workouts. There are some pre-loaded sessions – each with a specific goal – and more can be downloaded. It's not clever enough to record your movements but it's useful having your workout on your wrist.

There's no cadence, elevation or interval data when running or cycling – but you do get a GPS route of your map, with colours indicating your speed, and real-time info such as distance, pace, split times and heart rate. The Microsoft Health app, into which all your data is fed, also suggests a recovery time and even new sessions to do. Sleep tracking tells you how many times you woke up, how much sleep was 'restful' and your heart rate. It then gives you an efficiency percentage, which has the effect of turning bedtime into a challenge to get the best rest possible.

Microsoft Band is a highly functional fitness device, but we recommend trying before buying. You might want an alternative if you find it as uncomfortable as we did.

PROS ■ **Guided gym workouts** ■ **Comprehensive tracking**
CONS ■ **Uncomfortable** ■ **Not waterproof**
SCORE ●●●●○

5 SONY SMARTWATCH 3

£190 *sonymobile.com*

The SmartWatch 3 is Sony's first smartwatch compatible with fitness apps such as RunKeeper and My Tracks. That brings it in line with other Android devices, but its GPS tracking means it stands out from the crowd, giving you the ability to leave your phone at home and still record runs, swims or cycles without getting lost.

There's also 4GB storage so you don't need to bring an extra device to listen to tunes, but the only way to get your music on there is to upload it to Play Music and then make it available offline on your phone. Even then you can't specify the songs you want to add. It's a shame there's no HRM too, but it is compatible with third-party Bluetooth chest straps so that shouldn't be a deal-breaker.

Activity tracker features tie in with Sony's Lifelog app to give you a range of detailed stats including distance travelled, calories burned, hours slept and even how long you've spent listening to music, all presented visually.

Like the Apple Watch, this is no replacement for a sport-specific device. But if you're an Android user who wants smartwatch features and the ability to record basic workout data without a phone, SmartWatch 3 fits the bill.

PROS ■ **Waterproof for swimming** ■ **4GB internal storage**
CONS ■ **No HRM** ■ **GPS drains the battery**
SCORE ●●●●○

Save your skin

The best ways to bolster your defences against the sun's UV rays this summer



1 Jason Soothing 98% Aloe Vera Gel
£4 for 113g *naturisimo.com*
Aloe vera has been used to treat irritated skin for thousands of years. This gel also enlists allantoin and vitamin B5 to keep skin from flaking.

2 Nivea Sun After Sun Bronze
£3 for 200ml *superdrug.com*
Not only does this soothe the skin to help prevent peeling, it uses a pro-melanin extract to help extend the life of your tan.

3 AstaSun After Sun Cream
£11 for 150ml *powerhealth.co.uk*
AstaSun's secret weapon is astaxanthin, an antioxidant that attacks the damaging free radicals produced by UV exposure.

4 Australian Gold Premium Coverage SPF20
£14 for 177ml *australiangold.co.uk*
Slap this on liberally for an all-over sun shield with none of the stickiness some creams have. It's also super water-resistant.

5 Bulldog Protective Moisturiser SPF15
£8 for 100ml *meetthebulldog.com*
Nine essential oils keep your face fresh while also protecting you from the sun's harmful UV rays. Smells bloody lovely too.

6 Clinique for Men Moisturizer SPF21
£25 for 100ml *clinique.co.uk*
A light and non-greasy moisturiser that will keep your skin hydrated throughout the day while keeping skin-damaging UV out.

Words Max Anderton **Photography** Henry Carter

SPRAYS

7 Vichy Idéal Soleil Suncare Oil SPF50
£12 for 125ml *boots.com*
Despite its oily texture, it dries almost instantly on your skin leaving you feeling moisturised rather than greasy.

8 Lancaster Sun Sport Invisible Mist SPF30
£23 for 125ml *selfridges.com*
Not content with smelling amazing and being invisible, this can be sprayed straight on wet skin with no need to be rubbed in.

9 Garnier Ambre Solaire Sensitive Advanced
£10 for 150ml *allbeauty.com*
A silky-smooth SPF50+ oil for sensitive skin that instantly turns you into a glossy-skinned Adonis no matter how tanned you are.




NIKE
SB

Words Joel Snape **Photography** Mark Harrison **Art direction** Ped Millichamp

READY FOR (*RE*)LAUNCH

The fastest man on two wheels is back – and he might be better than ever. MF meets Mark Cavendish as he prepares for a 70km/h battle through Paris

Mark Cavendish does not have time for stupid questions. This is a man, after all, who puts in more hours on the saddle every week than most people spend at their desk, and who's been living the grind of a full-time professional cyclist since he was in his teens. Like most pros, he typically races for about 100 days out of every year, which means months of travelling and sleeping in hotel rooms, seeing his wife – charity campaigner and former model Peta Todd – and children whenever he can. On top of all that, there are gym hours, team commitments, sponsor duties and endless media obligations – and so, when he gives a one-word answer to a poorly thought-out question, or snaps at a journalist who hasn't done their basic research, it's difficult to blame him.

Today, though, the Manx Missile is in a good mood. He's just flown in from the Tour of Turkey, where he rode away with three stage wins and the sprinter's overall title. At the end of 2014, a strong showing in the Ghent Six-Day – a relatively obscure velodrome event held in Belgium – set him up for one of his best winter training camps since his first days in the pro peloton, and he's already planning his season around the Tour de France. He's in shape and on weight, with a lean upper body on top of sprinter's legs that need their own tailor. And it's not *just* about the bike.

'I've got a multigym in the house these days,' says Cavendish. 'A lot of riders use an Olympic rack, but I didn't really want one of those – I can do anything I want with the multigym. I never used to do anything in the gym, but now I've got a treadmill too... when I get a chance to rest, it's really about working the muscles you don't use on the bike, making sure they're functioning properly.'

SPEED FEED

After giving up sugar during the 2012 season, he still cuts back occasionally to hit his ideal size. 'The weight comes

Grooming Laura Tucker



off really quickly. It's hard to do, and then when I do go back on it I just swell up in a day. You can't just say, "I'm going to stop eating sugar" – I had it managed by a dietician. But it works, yeah.'

And while other teams are rediscovering the benefits of 'natural' fuelling with food rather than energy gels, Cavendish has been doing it for years. 'My dietician was the first one to do it, and now my team [Etixx-Quick Step] does it all the time. The old-school guys used to eat frangipane – now it's rice cakes every day.' He still uses GB cycling nutritionist Nigel Mitchell's recipe for pistachio cake (see box, opposite) rather than drinking protein shakes.

He's also, he says, using kettlebells, doing core work, even stretching – not yoga or Pilates or anything fancy, he stresses, just 'basic' stretches. 'I'm getting older, you know. My body doesn't adapt easily any more. I've been doing it for over ten years now and I've been in the same position on a bike now for hundreds of thousands of kilometres. I'm finally feeling it nowadays. It's easy to get a little bit uncomfortable on the bike. The workouts are nothing major, just, I don't know – a prevention thing.'

Part of this, of course, is down to what happened in last year's Tour. The first stage finished in Harrogate, his mum's home town, and he made no secret of the fact that it was his main goal for the season, cutting back the rest of his race programme to arrive rested. But the other race-leaders weren't prepared to concede a stage win that easily, and German sprinter Marcel Kittel was helped to the front by his own team-mates, forcing Cavendish to look for what he later called 'a gap that wasn't there'. A multi-bike pile-up and separated shoulder later, Cavendish was out of the stage and the rest of the Tour,



‘FRENCH MAGAZINE *L’EQUIPE* CALLED CAVENDISH THE GREATEST SPRINTER OF ALL TIME’

the first time he’d missed it since turning pro in 2007. He still won 11 races over the course of the year, but (by the Manxman’s own high standards) 2014 was one of his less successful seasons. This year, he’s back.

POWER CYCLE

It’s worth remembering that Cavendish isn’t just one of Britain’s best cyclists: in 2012 French sports magazine *L’Equipe* called him the greatest sprinter of all time. He’s got 25 stage wins on the Tour, putting him in third place for the all-time total behind Tour legends Eddy Merckx and Bernard Hinault, and in first place for mass-start victories. He’s got the endurance to stay in the mix through a 100km/h stage, the tactical acumen to find a line through the pack in the final kilometre, and the raw power to sprint the last 200 metres at 70km/h. He’s also a cyclist’s cyclist, with skills that go way beyond calculating wattages – Google ‘Mark Cavendish leap’ to see him bunny-hopping over a roundabout as he weaves through the team cars in furious pursuit of André Greipel after a 2013 Tour crash.

It’s boy’s own stuff, learned during his teenage years of racing and on British

MISSILE FUEL

Cavendish keeps it simple on the road and in the kitchen. Here’s your new nutrition cycle

FUEL WITH NUTS

Energy gels? Unnecessary. Team GB nutritionist Nigel Mitchell’s pistachio rice cakes are all you need for longer efforts. Cook a batch of risotto rice, then mix in vanilla extract, honey, low-fat cream cheese and chopped pistachios. Squash the whole lot into a clingfilm-lined baking tray, cool overnight and chop into squares for instant energy.



CUT DOWN ON SUGAR

For the 2012 Olympics, Cavendish shed 4kg in months with little else. Eliminate one source a week – soft drinks first, say, then biscuits and Haribo. You’ll avoid the worst cravings and cut down on fat-storing insulin spikes.

HYDRATE PROPERLY

If you aren’t doing a 40km/h climb up Mont Ventoux, you might not need a 4,000-calorie drink. Make your own low-calorie version of the hydration mix created by the nutrition pioneers at Skratch Labs by adding ½tsp of salt to two litres of water, along with a dash of lime juice. It’ll keep you hydrated *and* lean.





Cavendish wins stage one of the 2015 Tour of Turkey – a far cry from his 2014 Tour de France crash in Yorkshire (below)

cycling's academy team with coach Rod Ellingworth. 'He was superb,' says Cavendish. 'We had this old-school mentality. You couldn't spend your whole day in labs – you had to learn to race, and you had to learn to crash.'

SET IN STONE

This mentality is what makes Cavendish such an exciting racer: he'd rather push for the win than settle for less, even if it means personal risk. So what did he think of the 2014 Tour, which took out defending champ Chris Froome (and a few others) with its rainy, cobbled sections? 'That's cycling, I guess. You can't predict the weather,' he shrugs. 'It's a man on a bike – that's what it's about. I like racing on cobble, I'm good at it, and I have the best team in the world for the cobbled races – you know, real racing. I think they're the only pure tactical form of cycling left. Even in mountains now, everyone looks at the power meters. It's no longer racing, it's not tactics – it's pretty much just a time trial where everyone starts together and they know what they can do the whole way up, which in my opinion makes it a pretty boring race.'

It's an interesting point: there were, arguably, fewer heroics on the 2014 Tour than in the past, with teams less willing to attack or break away. It's hard to argue with his point that it's less exciting. So can anything be done? 'I think there's a misconception by a lot of race organisers,' says Cavendish. 'They think that they have to make a race harder, that they have to put more hills in. The thing is now, people don't dope any more, so people can't go on a day-long breakaway in the mountains. That means you get bigger groups. The organiser put in hills to break the groups, but the problem is nobody can go and attack so it's an even bigger group in the end. It's not necessarily how many hills or how much climbing there is, it's the position of the hills that makes a difference – and it's based on a misconception. But most organisers don't race bikes, so they don't understand.'



GIANT STEPS

Apart from the organisers, Cavendish has another obstacle to contend with: Kittel, the muscular German who won the stage-one sprint in 2014. His team, Giant-Alpecin, has one of the best-drilled lead-outs in the peloton, specialising in delivering the big man to the front: he took three more stages of last year's Tour to become a breakout star, and though he's been absent through illness recently, he'll be back this year. Such rivalries are usually good for a sport's popularity, although Cavendish seems reluctant to agree – or even admit that there is a rivalry. 'It's quite big news now that I'm not dominating,' he says. 'People have always looked at the sprinters because sprinting has always been really exciting.'

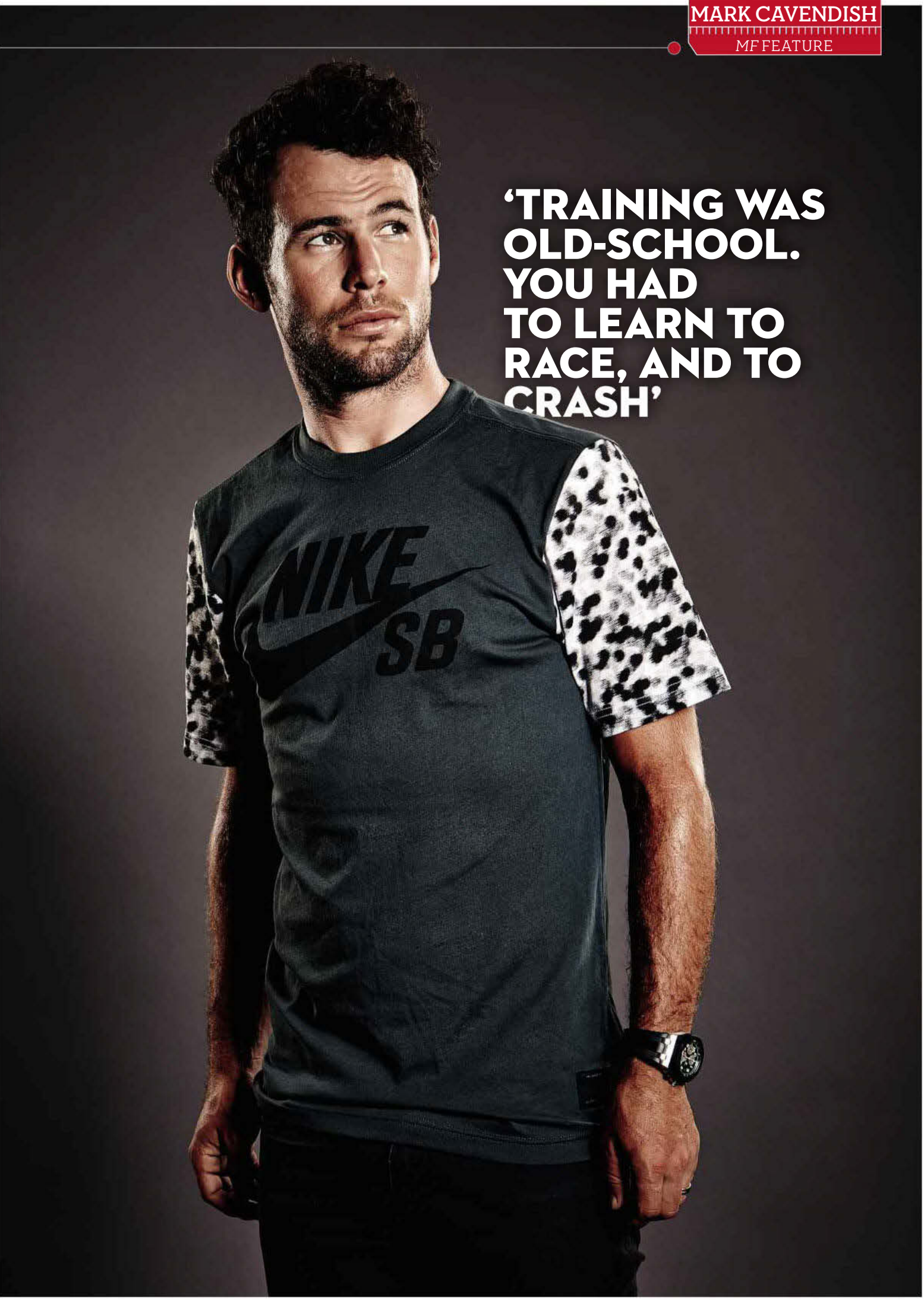
If he's not dominating now, Cavendish has no intention of letting that situation last long. This is a man unapologetically driven by winning, who entered his first ever race on a bike with no gears and lost, then got a proper one and won... then kept winning. He's not one of the new breed of cyclist who work with Team GB psychologist Steve Peters, originator of the 'Inner Chimp' philosophy – 'I can understand why some people may use it, but for me it makes no difference whatsoever' – preferring, as he says in his autobiography *Boy Racer*, to 'have smoke blown up my arse'. Training is what he's about, and in preparation for this season he's been training harder than ever, putting in more time in the saddle.

'Yeah, it does take longer to peak now,' he says. 'When you're younger it's a matter of a few weeks for you to go from base level to top. Now it's harder. Rest periods used to be six weeks when I was younger, after the season, now it's like two weeks. Every two years it goes down by a week.'

WIN 'EM ALL

Can he keep up the performances? This is one of those question Cavendish doesn't

Photography Rex



‘TRAINING WAS OLD-SCHOOL. YOU HAD TO LEARN TO RACE, AND TO CRASH’

‘I JUST WANT TO CONTINUE WINNING – I’M PRETTY GREEDY’



Cavendish at the Redbridge Cycling Centre in north-east London

like: 29 is probably too young to talk about retirement. So here’s a better question: what else is there to do? ‘There’s not much more on the checklist,’ he admits. ‘I just want to keep going and continue winning – I’m pretty greedy, I don’t like losing, so I just want to continue to win for as long as I can.’

And what advice would he give to anyone else who wants to get on their bike and see what they can do? This is the question where Cavendish the cyclist comes out: the guy who’s terse with unprepared journalists but always the first to praise his own team-mates, unfailingly polite to other pros, quick to take responsibility when he messes up. The cyclist who loves to win, but also loves the game. ‘Keep doing it – just don’t give up on it. The more you do it the better you’ll get. The better you get, the more you’ll enjoy it.’ He pauses. ‘Don’t be disheartened – just do it.’ And keep doing it. Above all else, he’s a man who practises what he preaches. MF

Shot at Redbridge Cycling Centre. The centre is open for cyclists of all abilities – visit redbridgecyclingcentre.co.uk or follow on Twitter @TheHoggenberg or Facebook for more information

FAST IMPROVEMENTS

Boost your performance in the saddle and out of it with Cavendish’s tips

CALL FOR THE BELL

Cavendish uses basic kettlebell moves to build balance and stability in his core as he sprints. To do the same, do one-arm kettlebell swings – you still swing the bell between your legs, but the uneven load will mimic the ‘pull’ you get on the handlebars during a big surge. Do two sets of 20 each side, twice a week.

STRETCH YOUR HIPS

Tight hip flexors are the bane of cyclists. The classic hip flexor stretch – dropping your back knee to the floor from a lunge position – works fine, but there’s an upgrade: loop a resistance band around the quad on your rear leg and around an anchor point.

SPRINT TO THE FINISH

Training for a finishing sprint doesn’t have to be complicated, and Cavendish keeps it ultra-basic: go out for a one- to two-hour training ride, then get a decent rolling start and go all out for the final few seconds. ‘Aim for 300 metres,’ says Cavendish. ‘I’ll usually only sprint the last 250 in a race, but if you can hold for 300 it’ll be no problem.’

ALWAYS TRAIN

Essential. ‘When I was a kid I went out every day,’ says Cavendish. ‘In the rain, cold – whatever the conditions.’ Make it into what behavioural psychologist BJ Fogg calls a ‘micro-habit’ by just resolving to go for a tiny run/ride/workout. It doesn’t matter how little you do: conditioning yourself to hit the road or gym frequently and consistently is key.

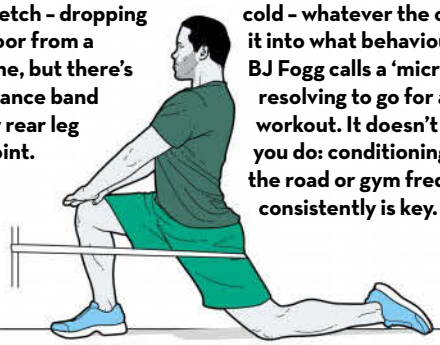


Illustration Sudden Impact

Cobbles, climbs & corners...

Bring on the Tour





Celebrate the Tour de France with a **FREE COPY** of *Cyclist* magazine.

Claim your free issue and get the latest on all the best rides, in-depth bike reviews and the stories behind the biggest names in cycling.

Call now on **0845 286 3049**

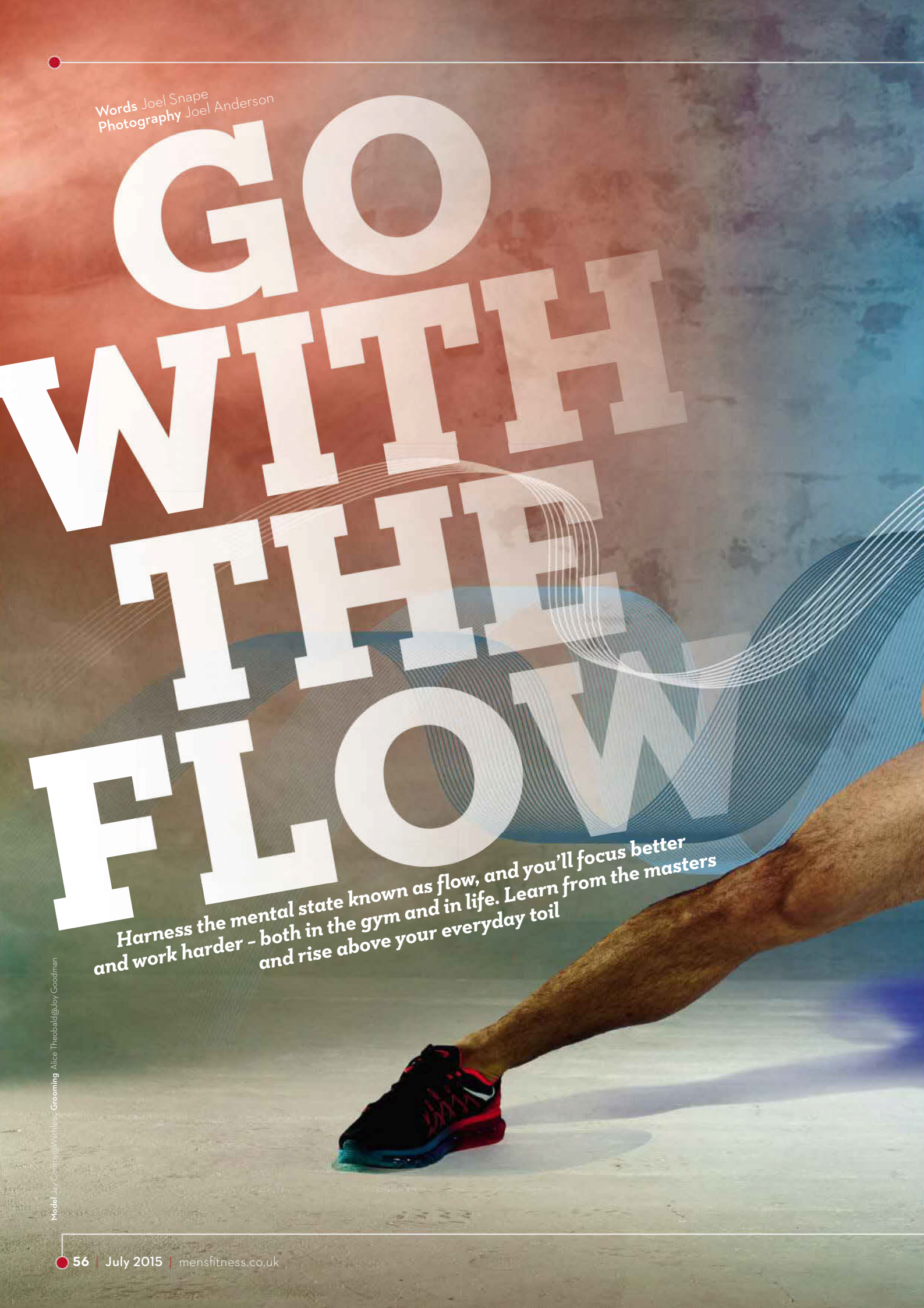
QUOTE CODE **TOURMEN**

Cyclist MAGAZINE

Words Joel Snape
Photography Joel Anderson

GO WITH THE FLOW

Harness the mental state known as flow, and you'll focus better and work harder – both in the gym and in life. Learn from the masters and rise above your everyday toil



Model Jay Conroy@Wathletic **Grooming** Alice Theobald@Joy Goodman



'Flow', to the uninitiated, sounds like a term dreamed up by new-age gurus to describe what happens at a particularly productive Rainbow Rhythms class. It is not. Technically, it's defined as an 'optimal state of consciousness where we feel our best and perform our best'. According to Steven Kotler, creator of the Flow Genome Project 'concentration becomes so laser-focused that everything else falls away. Action and awareness merge. Our sense of self and self-consciousness completely disappear. And, of course, all aspects of performance are incredibly heightened.'

This, of course, is not news to top performers around the world, who've been harnessing the state through workouts since before the term was coined. Over the following pages, you'll find a selection of workouts designed to harness the flow state and increase your work capacity – without the grind.

CORE STRENGTH AND AGILITY

Before you build, you need firm foundations. Ginástica Natural, developed by surfer and Brazilian jiu jitsu expert Alvaro Romano, fuses moves from both disciplines into a nonstop workout that'll challenge both your core and your co-ordination. Do this entry-level flow at least once a week.



2// LUNGE TWIST

With your leg still forward, feeling the stretch, twist to face your leading knee and bring the hand on that side into the air. Hold it, then step into the same stretch on the other side.



3// ROLL

From the lunge, pass the arm opposite your forward leg in front of your body, and roll onto that side, coming back up into a crouch.



1// KICKBACK

Starting from standing, dive forward onto your hands, bringing your leg high up behind you. Bring your foot down and go straight into the next move.



4// COSSACK

From your crouching position, bring one leg straight up in the air as if you're kicking an opponent above you. Hold, then repeat on the other side.



5// HOLLOW SIT TO PRESS-UP

From the cossack, lower yourself to the ground, hold briefly and then spin your legs around behind you, coming into a press-up.



6// POP-UP

From the press-up position, lower to the floor and then explode up, as if you're jumping onto a surfboard.

POWER AND ENDURANCE

You don't need weights to build a physique worthy of an MMA fighter. Strikeforce veteran André Galvão combines gymnastic moves and animal drills into a cardio-sapping circuit. Do them for five nonstop minutes at the end of your workout



1// ALLIGATOR WALK

Bring one knee up as high as possible next to the elbow on the same side, keeping your hips as low as you can. Lower into a press-up, then repeat on the other side so you 'crawl' forward, gator style.



2// GORILLA WALK

From a squatting position, walk your hands forward on the floor until you're stretched almost full-length, then sit back on your haunches briefly and explode forward into a jump, landing with your feet by your hands. Repeat five times.

FLOW TRIGGER

#1

DEEP FOCUS

Multitasking is out, solitude is in. Switch your phone to airplane mode and put your headphones in. It'll work in the gym, but also during the daily grind.

FLOW TRIGGER

#2

INSTANT FEEDBACK

Clear goals maintain focus, so know how many reps you're going for on every move you do. For more feedback, download the Coach's Eye app to assess your form on the go.



3// MACACO

It's Portuguese for 'monkey'. Sit with your hands and the soles of your feet on the floor, then bridge up, bring your arm behind your head and move on to your toes. Experts would move into a flip – you should hold the position for a second, lower and repeat on the other side.





4// TECHNICAL STAND

Fighters use this to get up efficiently, but it's also a core-bracer. After sitting down when you finish the macaco, fold one leg under yourself and plant your other heel on the ground, pressing your weight through it to stand up.

MOBILITY AND SPEED

Functional muscle is about movement, not size. Build both mobility and speed with these moves inspired by free running and calisthenics



1// SQUAT TO ALL FOURS

Keeping your weight on your heels, do a squat. Staying controlled, lean forward onto all fours. Go straight into the next move.





2// DIVEBOMBER PRESS-UP

Starting on all fours, dive your face towards the floor, trying to keep as low as possible. At the end of the move, bring your chest up.



FLOW TRIGGER

#3

UNPREDICTABILITY

Like a surfer facing a terrifying wave or a climber on a high walls, reach the flow state by performing at a training pace that's just manageable... if you work as hard as you can.



3// MOUNTAIN CLIMBER

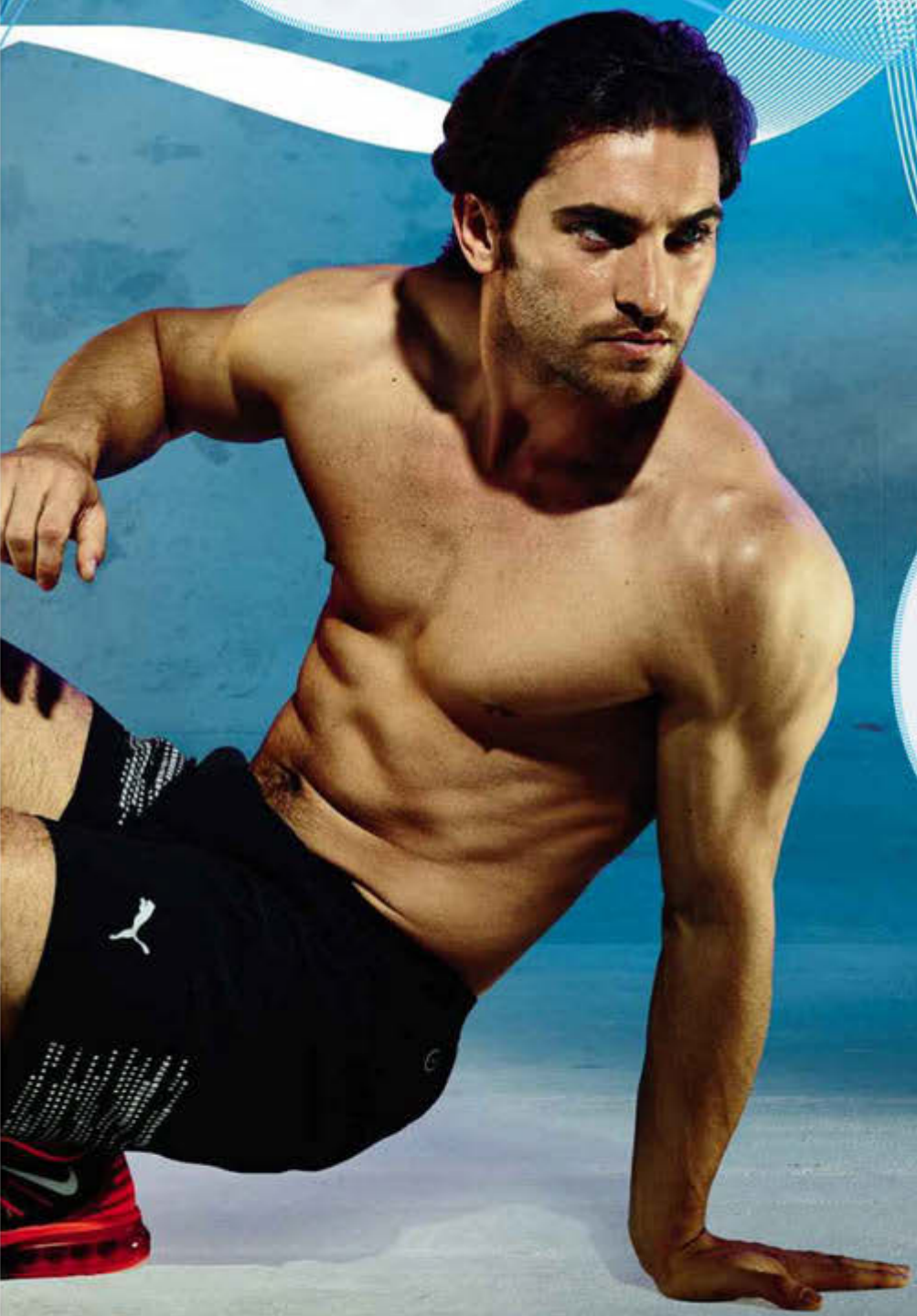
Without taking your hands off the floor, pop up into a press-up position and then bring one knee forward, then the other.

FLOW TRIGGER

#4

RISK

You need something on the line, even if it's only the fear of failure. Aim for a rep record in the gym and commit to it fully – whether you pass or fail, it'll ensure concentration.





4// SIT-OUT

Starting on all fours, take one hand off the floor and 'kick' the opposite leg through to where it used to be.

The evolution of smartwear

Why SmartWatch 3 and Xperia™ Z3+ from Sony are leading the technology market in fitness productivity



There was a time when fitness technology was the exclusive preserve of elite athletes and the fabulously wealthy. But the past few years have seen an explosion in popularity of mass market smartwear, allowing every athletically-inclined man or woman to track numerous aspects of their training, performance and general day-to-day life, obtaining valuable data to help them get in better shape and work towards achieving their fitness goals.

Leading the way are the SmartWatch 3 and Xperia™ Z3+ from Sony. The former is a SmartWatch packed with a host of useful, fitness-related tools, including a built-in accelerometer, a compass and a GPS sensor that allows you to accurately track your runs via the Lifelog app from Sony. You can even swim with it, thanks to its IP683 rating, which means it's waterproof to a depth of 1.5m for 30 minutes.*

The Xperia™ Z3+ from Sony is a smartphone that's similarly robust, sharing the same waterproof rating while also being dust-tight and offering an impressive battery life of up to two days.** Like the SmartWatch 3 from Sony, it helps you set and achieve training goals with Sony's Lifelog app, while also being compatible with Android fitness apps such as the nutrition tracker iFit.

THE FUTURE OF FITNESS

According to research from YouGov, by September 2015, over six million British people will own some form of smartwear – a figure that means ownership will have more than doubled in less than a year. This supports a similar surge in popularity in America, where – according to a recent study – roughly 50% of consumers were aware of smartwear, with one in three of those either owning it already or considering buying it in some form in the near future.

With the capabilities of smartwear constantly evolving, over time you can expect



fitness tech to be able to help you monitor and understand an abundance of additional metrics relating to your athletic output and daily health and wellbeing. From smartwatches that can measure the impact your fatigue levels are having on your performance to smartphones that can tell you when to work out based on your central nervous system and metabolic readiness, the next generation of smartwear won't just provide you with data, it'll actually help you make use of it by generating practical advise and feedback to help enhance your training and nutrition.

But you needn't wait till then – the time to embrace smartwear and start reaping the fitness enhancing benefits is right now. ***Visit mensfitness.co.uk/fitness-technology to find out how Sony SmartWear can help you achieve your goals. For more information about the Xperia™ Z3+ from Sony, visit carphonewarehouse.com/news/coming-soon/sony-xperia-z3-plus***

SONY

Brought to you in partnership with Sony, the official smartphone and SmartWear sponsor for Tough Mudder 2015



TOUGH AT THE TOP

Tough Mudder has established itself as the world's premiere obstacle course race

Since its inception back in 2010, Tough Mudder – the brainchild of British entrepreneurs Will Dean and Guy Livingstone – has turned into an obstacle course race phenomenon, with over 1.5 million participants competing in events around the world.

The combination of physically and mentally challenging obstacles – including the gruelling Mud Mile 2.0 and the hair-raising Electroshock Therapy – with a huge sense of fun and mud-splattered camaraderie has made Tough Mudder the foremost event of its kind, and one that provides the perfect opportunity to test and track your fitness, both in training and during the event itself.

That means having the right tech is crucial. Enter the robust SmartWatch 3 from Sony, which offers built-in GPS to chart your progress, and is even able to handle the murky depths of Sony's Arctic Enema 2.0 – owned by Sony as the official smartphone and SmartWear sponsor. Documenting your day is equally straightforward with the Xperia™ Z3+ from Sony, a race-friendly smartphone that allows you to capture your heroic efforts on film. Bring on the mud.



Visit mensfitness.co.uk/fitness-technology for more Tough Mudder training advice.

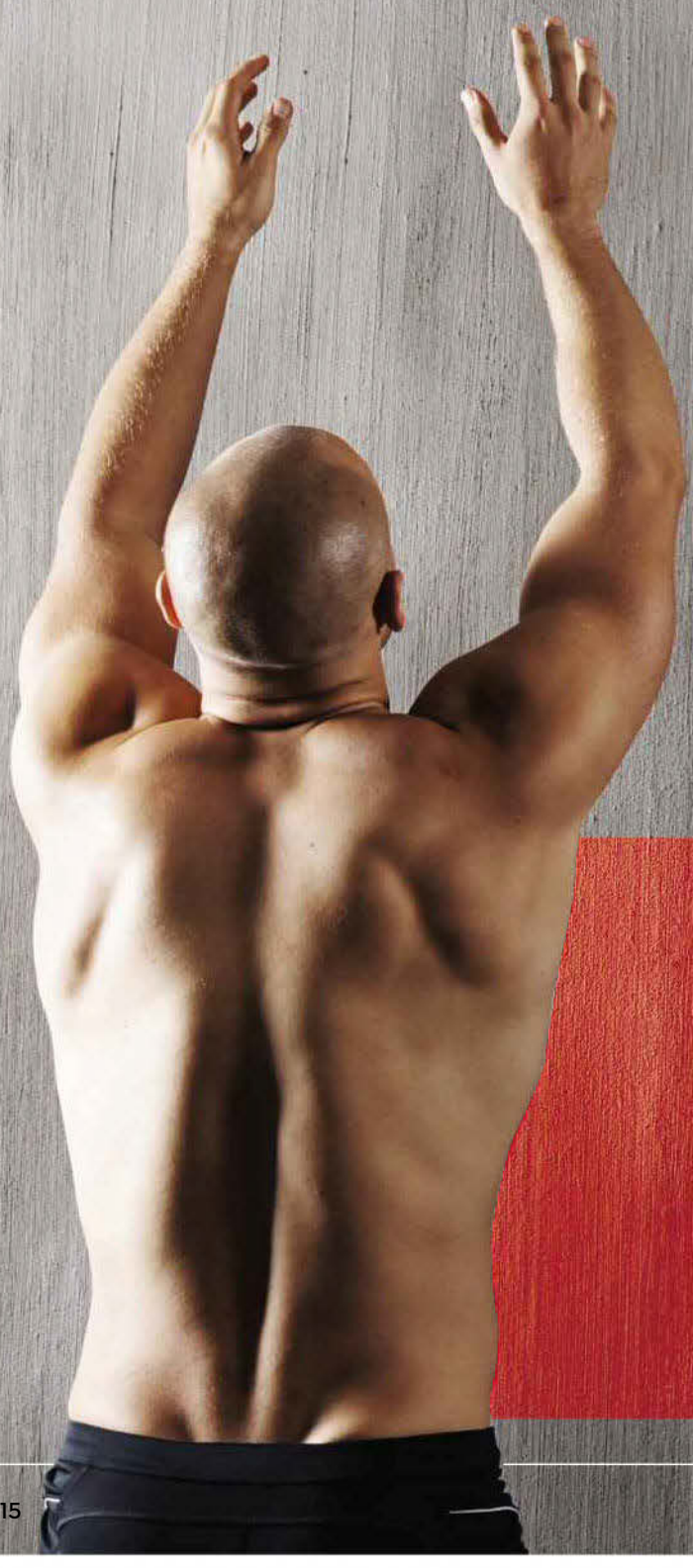
*No sea water or salt-water pools. Abuse and improper use will invalidate warranty. See www.sonymobile.com/durability.
**Usage conditions apply. See www.sonymobile.com/testresults.

Words Joel Snape

POWER COUPLE

Your best training partner? That'll be your life partner. Working out together will improve your performance both in your relationship and in the gym – and it's not just about the body

The studies are unanimous: exercising with a partner boosts motivation *and* performance, increases your chances of sticking to new workout regimes and helps you form positive habits. But there's more: by hitting the gym (or the road) together, you'll also prime your relationship for success... if you do it right. Here's how to maximise your gains *and* your game.



Photography iStock

MAKE A PLAN

'Help your partner set goals, like deadlifting her own bodyweight or doing her first pull-up,' says personal trainer Jessica Wolny (jessicawolny.com). 'And let her know that by hitting them, she'll improve her body composition. Also, tell her that you're impressed when she does what she sets out to do.'

Focus on body fat percentage, not total weight loss, otherwise she may be disheartened when an increase in muscle makes the scale go the wrong way. Get her a notebook or app to track progress, and if she hits a milestone in the gym without you, show enthusiasm, ask questions and relive the experience. According to a study in the *Journal Of Personality And Social Psychology*, couples that celebrated their successes according to those three principles reported feeling happier and less stressed.



'TELL HER IT'S DIFFICULT FOR WOMEN TO GET EXCESSIVELY BULKY UPPER BODIES'

TALK SCIENCE

Is she worried about getting too big? 'Remind her that muscle distribution is different for men and women, so it's difficult for women to get excessively bulky upper bodies,' says Wolny. 'And mention that apart from female bodybuilders taking, ah, "specialist supplements", women don't have the testosterone to get huge.'

If she's still worried, stick to low-rep workouts: studies show that the one-to-three rep range is ideal for adding strength without hypertrophy, so pink dumbbells are out and big plates are in. And if all else fails, go for the nuclear option. 'Remind her how many guys in the gym are trying to get huge,' suggests Wolny. 'And then point out how few of them are actually managing it.' Ouch.

‘STRENGTH IS NO LONGER A TOUGH SELL – STRONG IS THE NEW SKINNY’



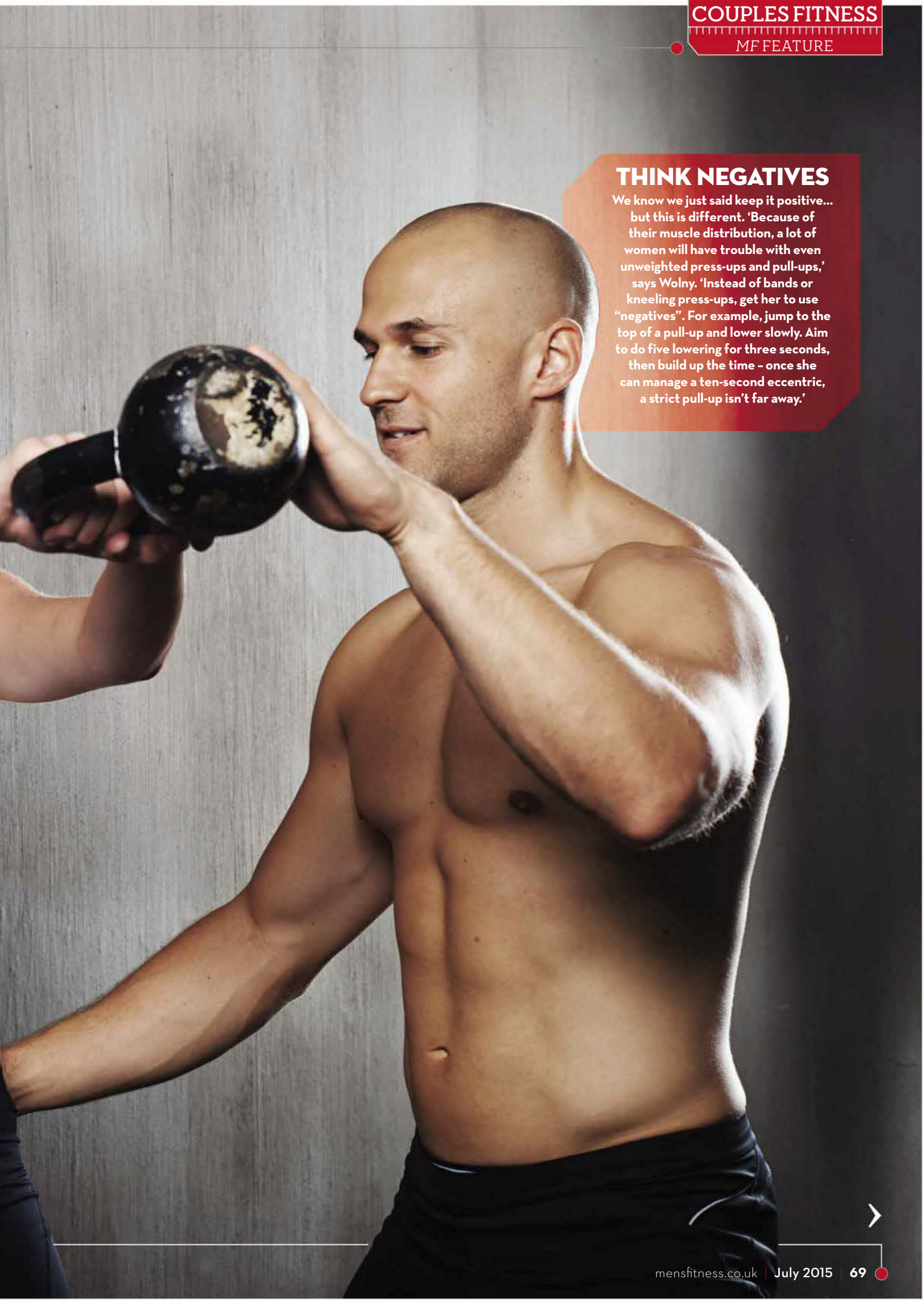
AIM FOR STRENGTH

It isn’t the tough sell it was a few years ago – strong is the new skinny. ‘I’ve seen a huge shift where women now associate weights with strong women who can still slip into that little black dress and feel confident not only in how they train but in how they carry themselves outside the gym,’ says GymBox trainer Kerry Tanner (gymbox.co.uk). Introduce her to big, basic moves such as the squat and deadlift – as well as the secret weapon for impressive glutes, the barbell hip thruster: she lies with her shoulders on a bench and a barbell across her hips, and bridges up.

BE A CHEERLEADER

Because not everyone’s motivated by piling more plates on. ‘A lot of women are driven by the feeling of being strong in the mind and body, not just looking pretty in front of the mirror,’ says Tanner. ‘Avoid physical comparisons to other ladies, even if you’re framing them in a positive way. But do encourage your partner to watch what other women are doing in the gym – women are often more motivated by watching other women than men. And remember to praise her when she does well.’

According to psychologist and marriage expert John Gottman, couples who stay together for the long term have five positive interactions for every single negative one. So keep it positive.



THINK NEGATIVES

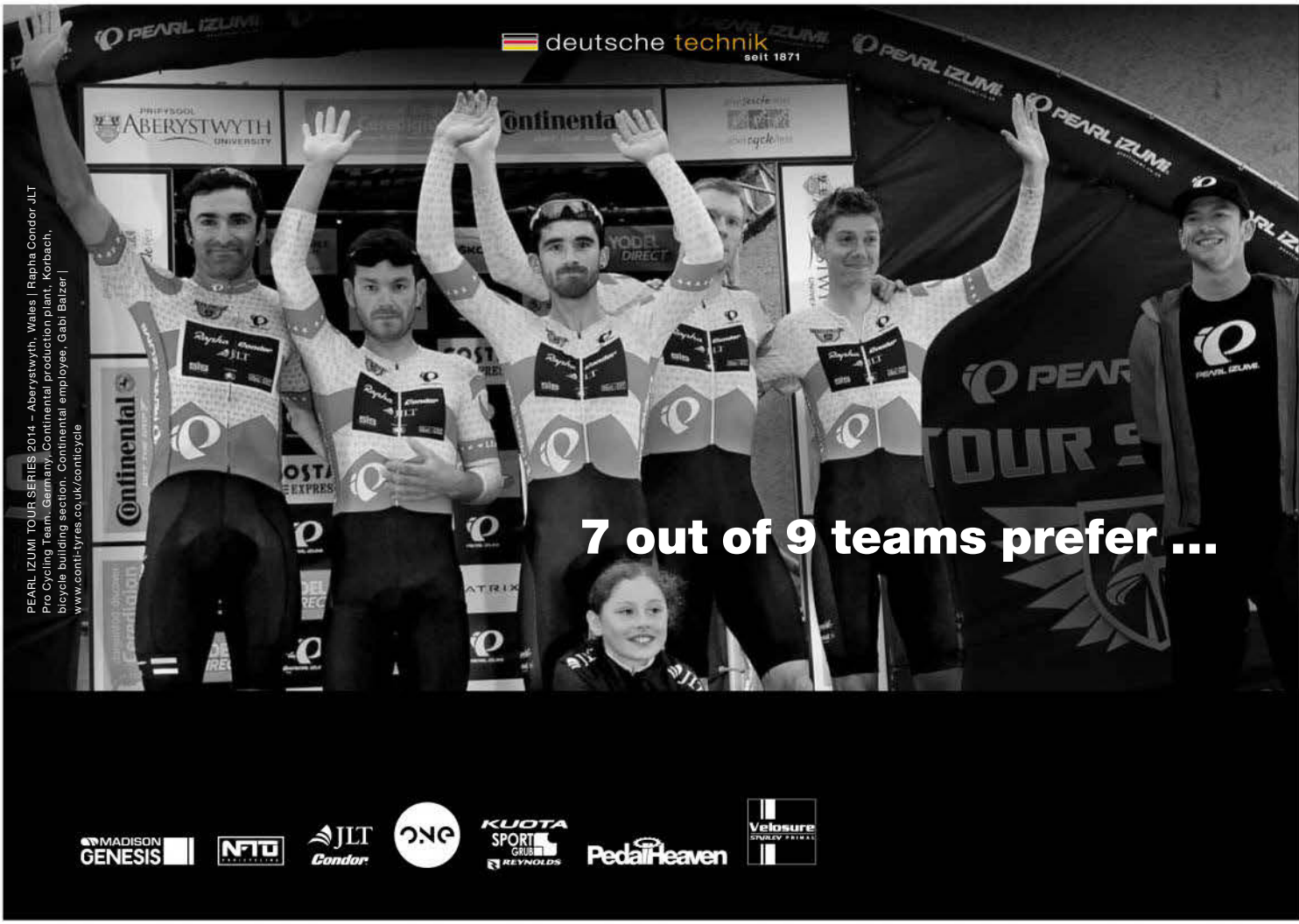
We know we just said keep it positive... but this is different. 'Because of their muscle distribution, a lot of women will have trouble with even unweighted press-ups and pull-ups,' says Wolny. 'Instead of bands or kneeling press-ups, get her to use "negatives". For example, jump to the top of a pull-up and lower slowly. Aim to do five lowering for three seconds, then build up the time – once she can manage a ten-second eccentric, a strict pull-up isn't far away.'



FOCUS ON FORM

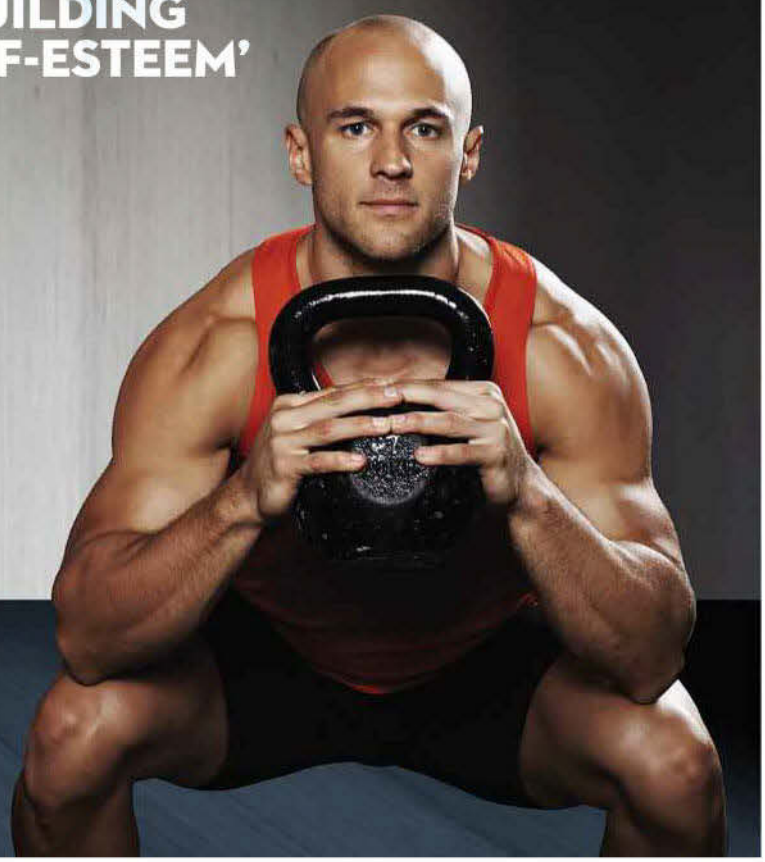
'For a lot of ladies, the feeling of owning their mind and body as they walk into the free weights area – what used to be the "male" zone – is like nothing else,' says Tanner. 'It's about breaking boundaries, discovering new levels of mental strength, building courage and self-esteem.'

Knowing what to do helps, so go over the finer points of form on basic moves including the squat, deadlift and bench press. When one of you is having a bad day in the gym – carb crash, anyone? – try to use humour to defuse the situation. And *never* roll your eyes – studies suggest that's a common relationship-breaker.



PEARL IZUMI TOUR SERIES 2014 – Aberystwyth, Wales | Rapha Condor JLT Pro Cycling Team, Germany, Continental production plant, Korbach, bicycle building section. Continental employee, Gabi Balzer | www.conti-tyres.co.uk/conticycle

'IT'S ABOUT BREAKING BOUNDARIES, BUILDING COURAGE AND SELF-ESTEEM'



...AND DITCH THE ELLIPTICAL

Her new rules for cardio? Short and horrible. 'Long periods on the treadmill or Stairmaster will increase levels of the stress hormone cortisol, which can lead to excess stored belly fat,' says Wolny. 'Keep it quick and hard. Grab a couple of exercise bikes together, and go for 15 seconds of all-out sprinting followed by 45 seconds of active recovery, repeated ten times. You'll both burn fat all day.' The alternative is to go for a long walk – it'll burn calories without building stress *and* let you chat.





RUGBY

RISING TO THE CHALLENGE

Niall Moody has six months to get in the shape – and form – of his life to revive his amateur rugby career. Now that he's teamed up with OPTIMUM NUTRITION and Saracens Rugby's Andy Edwards, he's tackling the challenge head-on

Follow the Upgraders at mensfitness.co.uk/upgradeyourfitness

THE UPGRADER Niall Moody

In a perfect world there would be no such thing as injuries. But in this one – and especially in rugby union – they're hard to avoid, and they play havoc with a training programme. They've certainly jeopardised amateur rugby player Niall Moody's ability to play the sport he loves.

'I've played rugby all my life at a decent level but a series of injuries to my knee and shoulder have got in the way,' says 34-year-old Niall, who's teamed up with Saracens S&C coach Andy Edwards to get back in shape. 'Now I want to have one really big year. I've got to be as fit as I've ever been.'

Six weeks into his Upgrade programme and Niall is on the right track, with Edwards providing solutions to the problems that had previously blocked his path. The initial focus has been on improving his range of motion using mobility drills to open up his hips and improving his lower-body strength with unilateral exercises such as Bulgarian split squats rather than typical back squats that Niall struggled with (see the box 'Training Day' opposite).

Niall trains four times a week, dividing his sessions between lower and upper body, plus two running workouts – including a tough 15 x 150m on-the-minute sprints session – to prepare him for the demands of a match.

Issues in his diet also had to be overcome. After years of trying to out-train social beers and stress-induced snacking, Niall has made some small sacrifices that will help him achieve his goal. "I've swapped Guinness for lime and soda – occasionally mixed with vodka! – and by eating cleaner, more regularly, I don't find the need to grab quick fixes like chocolate.'

The hard work, dedication and improved diet (see the box 'On The Menu' opposite) are pushing Niall towards the shape of the pros Edwards works with at Saracens. 'He's doing really well,' says the coach. 'He has the plan to follow, but ultimately it's down to his own commitment. Before his routine wasn't rigid enough, but now he's got the structure he needed – he should hit the season running.'



TRAINING DAY

Niall Moody's workouts focus on building rugby-specific strength and power. Here's his typical lower body day

1 Activation circuit

SETS 2 REPS 8 REST 30SEC

Moody begins each workout with dynamic stretches, glute activation drills using resistance bands and overhead squats using an unloaded bar to ready his body for the movement patterns needed in the rest of his workout.

2 Bulgarian split squat

SETS 4 REPS 5 EACH SIDE REST 2MIN

Stand with your rear foot placed on a bench behind you, holding dumbbells in each hand. Lower into a single-leg squat, keeping your chest facing forwards, then drive back up.

3 Explosive barbell jump squat

SETS 4 REPS 3 REST 2-3MIN

Set a bar in the rack at a height that means your knees are at 90° when taking it. Take the bar and drive up powerfully, forcing your hips forwards to jump off the floor.

4 Single-leg Romanian deadlift

SETS 4 REPS 5 EACH LEG REST 2MIN

Stand on one leg holding a bar with both hands. Hinge forwards at the hips to lower the bar to just below knee height, stretching your raised leg out behind you. Reverse the move to return to the start.

5 Prowler push

SETS 4 DISTANCE 20M REST 90SEC

Get your body low to the floor and hold the prowler with both hands, arms straight. Drive through the balls of your feet to push the prowler forwards.

ON THE MENU

Alcohol is out and healthy diet is in, explains performance nutritionist Dr Críonna Tobin



'Before taking on this challenge, Niall's diet was quite good,' says Tobin. 'He ate a lot of highly nutritious food, such as salmon, sweet potatoes and avocados. But he liked a couple of beers after work and at the weekend, which would negatively affect his fitness. When your goal is to reduce body weight and increase your performance capacity there's no room for alcohol. It fills you with empty calories while leeching nutrients and energy from your body.

'Niall's diet was also low in energy for the amount of training he needed to get through, so he started taking Optimum Nutrition Creatine after every session to help him handle the demands of high-intensity exercise. He's also taking Optimum Nutrition Amino Energy to boost his performance for his most taxing workouts. To support his immune system he's taking Optimum Nutrition fish oil and multivitamins, and he also takes Optimum Nutrition Gold Standard 100% Whey with breakfast and after every workout to give him the foundations of protein to maintain and replenish his muscles.'

BEST OF THE REST

Niall's fellow Upgraders are making similar strides



FITNESS MODELLING

MATT BOTWRIGHT

Matt's coach Shaun Stafford has stripped back his training and it's quickly becoming clear that this approach is helping him towards his dream of becoming a fitness model. Following an efficient, rigid structure in each session means he's flying through his workouts in record time and already noticed reductions in body fat that are making his muscles more defined.



BEACH BODY

BEN MARUM

Ben's training has had a radical overhaul. Reducing rest periods to 30 seconds, targeting his weakest muscle groups first and using a two-up, two-down tempo have all shocked his muscles to help get him off training plateaus. To give his muscles the ingredients to grow while they're trying to recover from each session, Ben's increased his daily meals from four to six to hit his new 3,100-calorie target.



CROSSFIT

ALISTAIR McGOVERN

Alistair's coach Andy Edwards spotted that a limited range of movement was holding him back. With this fixed, Alistair's smashing his bests for Olympic lifts, and taking BCAAs during workouts lets him recover faster to sustain a busy training programme worthy of four-time CrossFit Games champ Rich Froning.

THE UPGRADE

Men's Fitness ON OPTIMUM NUTRITION

Words Matt Huckle **Illustration** Bill McConkey

STREET SCIENCE

Don't let train delays and traffic dictate your journey to the office. Lace up your running shoes and take your commute into your own hands



1 LIMBER UP

'Static stretching doesn't work by itself,' says mobility expert Dr Kelly Starrett, author of *Becoming a Supple Leopard*. 'It doesn't address your motor skills or your ability to get into good positions.' Here's your new warm-up.

COUCH STRETCH Put your shin against the front of a sofa, knee on the floor, and plant your other foot. Drive your hips towards the floor and hold for 30 seconds each side. This helps with hip and knee mobility.

CALF SMASH Sit on the floor with something cylindrical – a foam roller is ideal – under your calves. Raise yourself on your hands and roll back and forth ten times. This reduces the stress on your Achilles tendon, your knee and your foot's plantar fascia.

2 EAT AND RUN

Fuel your run (and the rest of your day) properly by eating the right breakfast. Glenn Higgins (glennhigginsfitness.com) suggests blending a frozen banana, 2tbsp peanut butter, 240ml almond milk, 120ml water, chia seeds, oats, 1tsp Greek yogurt and a few ice cubes. 'Add a scoop of your favourite chocolate or vanilla whey protein for an extra muscle-building boost,' says Higgins . Don't drink it the second before you head out of the door though – you'll need at least 30 minutes to digest it, so prepare it as soon as you get up.

6 BEAT THE TRAFFIC

Don't stand twiddling your thumbs when you get stopped at a pedestrian crossing – but don't make a mad dash through the traffic either. Instead, take advantage of wearing a backpack and perform this circuit from Higgins each time you stop.

JUMP SQUAT *Reps 20*
Squat, holding the backpack in front of you. Jump off the ground, then land back in the squat.

LAT STRETCH *Time 15sec*
Hold on to the traffic light pole, feeling the stretch in your lats.

UPRIGHT ROW Reps 15
Perform an upright row holding the handle.

LUNGE ROTATION *Reps 20*
Lunge forwards, holding your backpack out in front of you with both hands, arms parallel to the floor. Rotate to the same side as your forward leg. Alternate sides.

7 TAKE A RUNNING JUMP

Fences and walls needn't mean a lengthy detour. The step vault, a common parkour move, combines safety and speed to let you clear waist-high obstacles with control. Approach the obstacle and put one hand on it, putting your weight through your shoulder and down your arm. Lift your opposite leg (the outer one) to place the ball of your foot on the obstacle. You should momentarily be balanced on the obstacle between one hand and the opposite leg, with both the palm and foot as flat as possible. Now just step through and continue running. 'You land precisely on the other side while still gripping the obstacle,' says ultrarunner and parkour fan Christopher McDougall, author of *Born To Run*. 'So you land under control and can decide your next move.'



3 PACK YOUR BAGS

Don't want to turn up to work looking as if you've never heard of the concept of ironing? Pick up a Suit25 bag from Slicks (slicks.com). This 25-litre backpack has a system for transporting your suit into work with minimal wrinkles. For a pack designed to keep a laptop safe along with everything else you need, there's the 32-litre Giga Office (deuter.com).

4 MAP IT OUT

Now that you're free from the shackles of the bus route, you can mix up your journey into work. Download My Tracks from the Google Play Store (play.google.com), which uses your phone's GPS to record your speed, distance and elevation when you run (or cycle). You can use the app to find different routes or, if you find a route you like, shave seconds off your time.

5 PICK UP SPEED

A slow jog each morning isn't enough to get the heart going. Add sprint intervals to turn your commute into a workout. 'Sprint for 20 seconds, then drop off to a slow jog for 40 seconds to get your breath back,' says Higgins. 'Repeat this ten to 15 times. This powerful sprint interval session is ideal for a commute as it's not overly complicated and suits any terrain.'

Words Matt Huckle **Photography** Ben Knight

FIX UP LOOK SHARP

Working at a desk is a one way ticket to messed-up joints and terrible posture. One MF writer took to the gym to see if he could undo years of mobility issues in just 12 weeks – and build muscle too

Maybe I was always doomed to have bad posture. As a tall guy, I've slouched rather than standing at my full height since my teens. And since becoming a responsible adult, I've been spending eight hours a day hunched over a desk.

My shoulders had tightened over the years, but it was only when I noticed my back hurting that I even considered I might have some issues. That's the trouble with mobility – by the time you notice something's up, you've got half a decade's worth of bad habits to reverse.

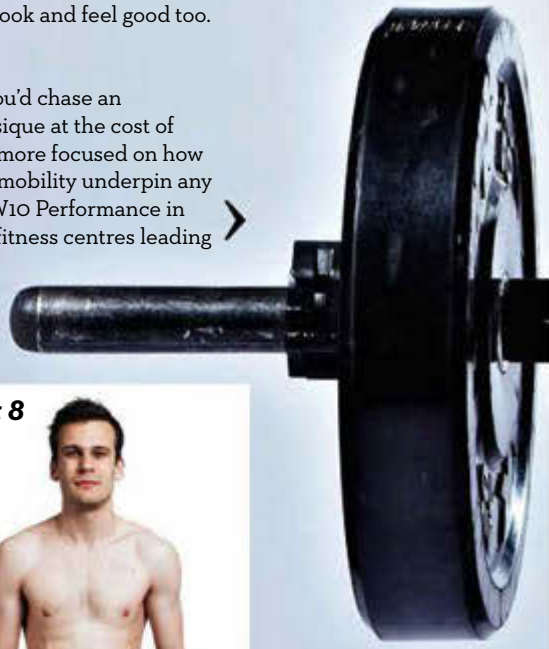
If this sounds familiar, don't be surprised. A study carried out by the Universities of Loughborough and Leicester found that the average adult spends 50-60% of their day in sedentary pursuits. No matter how good your sitting position is, the chances are you'll end up straining your back. The NHS says that in 2013, 15 million work days were lost due to back pain.

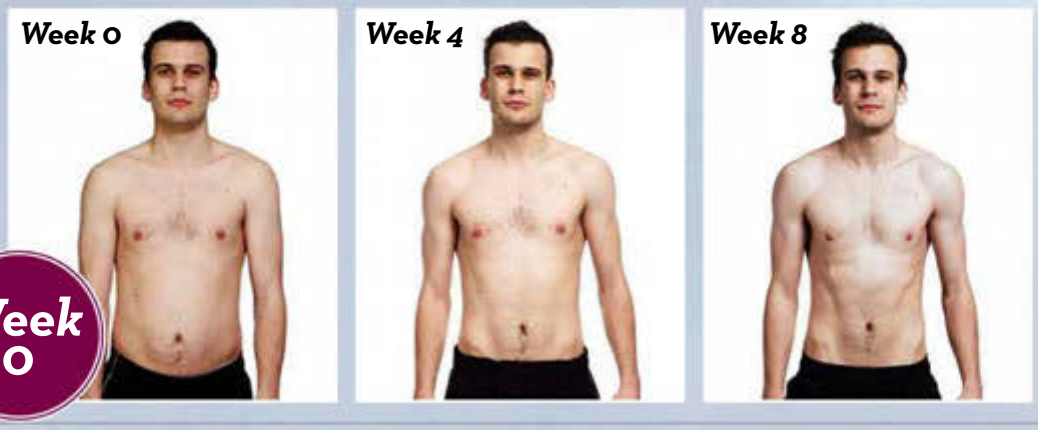
I only realised how bad a state I was in when I went for a training session and tweaked my back while squatting. It turned out that my hips were as tight as my shoulders and I couldn't safely do half the exercises many take for granted.

Now, I wasn't about to resign myself to making increasingly elaborate shows of getting in and out of chairs as I got older. I wanted a fix. But, let's face it, I work full-time and can't spend hours and hours a week at the gym. I wanted a solution that wouldn't consume my life and – if I was going to commit – would make me look and feel good too.

Restoration work

Gone are the days when you'd chase an aesthetically pleasing physique at the cost of genuine fitness. Gyms are more focused on how functional movement and mobility underpin any training programme, and W10 Performance in west London is one of the fitness centres leading ›





Additional photography Henry Carter **Styling** The Refinery (therefinery.com). Clothing supplied by Under Armour



Week 12







The first task for MF's Matt was to correct his poor mobility and low work capacity

the charge. I went to the owner, Jean-Claude Vacassin, with a proposal: can you sort out my mobility issues and get me ripped at the same time? He said yes. Challenge accepted.

To fix these problems in just 12 weeks I'd need to put some serious effort in at the gym – and that was the first obstacle. Because of the nature of my problem I just didn't have the physical capacity to put in the work needed.

Vacassin devised a plan that would both improve my work rate and fix the problems with my movement. The training plan consisted of four hour-long workouts a week. The week would begin with a heavy upper-body and a heavy lower-body session, followed by a high-rep full-body workout and a modified strongman session later in the week. 'The strongman sessions are there to increase your work rate,' said Vacassin. 'To see the results you want, you need to be able to get a lot more done than you can currently manage in the other sessions.'

Four hours a week didn't sound too bad and, while Vacassin assured me that I'd need all the rest I could get between sessions, I didn't think it would take over my life. Naturally, I was wrong.

Hard graft

My first doubt arrived exactly three minutes and 44 seconds into my first warm-up. I was pedalling on the Airdyne bike when I realised that although four hours a week sounded OK, it added up to a rather more daunting 48 workouts over the course of the programme. I finished that session being a teensy bit sick.

Early on the focus was to loosen up my body. 'You haven't got the mobility to squat,' said W10's Steve Kowalenko. 'We're not even going to think about doing anything like that.' Instead my upper-body sessions were filled with row variations designed to open up my chest and draw my shoulders

QUICK FIXES

Mobility restrictions in your shoulders and hips are likely to be your biggest problems. A two-move warm-up will help. For your shoulders, hold a band out in front of you in both hands with your knuckles facing upwards, and slowly widen your arms. For your hips, get into a press-up position and move one foot to the outside of your hand without rotating your back, pushing your knee outwards. Repeat on the other side.

SESSION 1 Upper-body workout





Circuit A
SETS **5**

DUMBBELL BENCH PRESS

REPS **5**

Lie on a flat bench, holding dumbbells with an overhand grip either side of your chest. Drive your feet into the floor and press the weights straight up, then lower them slowly to the start position.

LAT PULL-DOWN

REPS **8**

Sit at the machine with your chest up and pull the bar down to your chest. Return until your arms are fully extended. Repeat.





Circuit B
SETS **4**

POWELL RAISE

REPS **10 EACH SIDE**

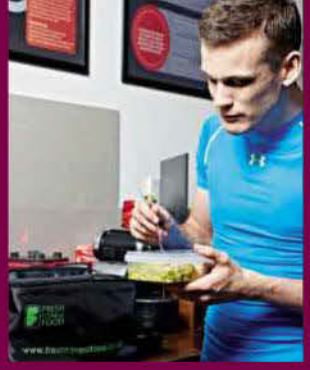
Lie on your side on an inclined bench, holding a dumbbell so it hangs in front of your body. Without changing the bend in your elbow raise your arm past your face until it's upright.

BATWING

REPS **5**

Lie on your front on an inclined bench holding a dumbbell in each hand. Row both hands back so your thumbs are by your armpit and hold for 5sec.





WEEK 1 MEAL PLAN

Matt's food was as important as his training. With help from Fresh Fitness Food, here's what he ate on a typical day at the start of his challenge.

Meal 1 Chicken and red pepper frittata with seed pot

Meal 2 Super seed bar

Meal 3 Lemon and dill crusted swordfish, endive and green beans with nut pot

Meal 4 Chicken satay with Asian spiced vegetables and dressing

Meal 5 Lean beef chilli con carne with slow braised Mexican spices

TOTAL CALORIES 2,014
Protein **153g** Carbs **213g** Fat **112g**

Circuit C
SETS **3**





SINGLE-ARM DUMBBELL ROW

REPS **10 EACH SIDE**

Support your knee on the bench with the other leg planted wide for balance. Keep a natural arch in your back and your core braced. Keeping your elbow tucked in, lift the weight slowly to the side of your chest.

SEATED V-BAR ROW

REPS **10**

Sit upright at the machine with your feet on the platform and a slight bend in your knees. Grasp the V-bar attachment, pull your shoulders back and raise your chest, then pull the bar to your chest.





BOARD PRESS-UP

REPS **8**

The board gives a better range of motion at the shoulders and is easier on the wrists. Holding the board with a narrow grip, lower your chest until it touches the board. Press back up.

SEATED ROPE FACE PULL

REPS **10**

Sit upright on the bench holding the rope attachment with your arms straight and your feet on the floor. Pull towards your face, keeping your elbows at shoulder height. Return to the start.

back. Those were complemented by resistance band pull-aparts to strengthen my shoulders, and 45° dumbbell flyes to stretch my pectoral muscles. It may not sound like much but I was starting from scratch and each session left me feeling beaten.

Contrary to the popular gym-related internet meme, I enjoyed leg days more. Split squats featured heavily because they served to even out muscular imbalances in my legs and improve the range of movement in my ankles and hip flexors. Standard squats and deadlifts were out, but I used a trap-bar deadlift because it requires less mobility to do safely.

It took a couple of weeks before I started to enjoy the sessions – but as I began to see progress in the gym and improvements in my posture, the workouts that had me close to tears at first (just close, OK?) suddenly seemed more bearable. Unfortunately, the workouts were only half the battle. There was also the small matter of my diet. Turns out you can't fuel a training regimen on sugar.

Diet wars

As a tall, naturally slim guy I've generally got away with eating what I wanted. Or at least, that's what I told myself when I drank beer and Coke and ate pizza far too often. As a result I'd achieved that awkward 'skinny fat' frame, where I had limbs like linguine and a paunch in the middle.

I was expecting to be told I'd need to consume a monstrous number of calories to fuel my workouts and muscle growth, but I was getting ahead of myself. 'We could put you on 5,000 calories but without the capacity to work you'll get fat,' says W10's Olli Foxley. 'It's better to increase calories gradually over time. That's especially true if you've never trained before.'

I started on just 2,300 calories a day but it was still a challenge because all my food had to be clean – no filling up on sweets and takeaways. Instead my days were punctuated by regular meals of lean meats, vegetables and a phenomenal amount of quinoa. I also avoided alcohol for the entire 12 weeks.

Cooking isn't my strong point so I enlisted the help of Fresh Fitness Food (freshfitnessfood.com), which delivers bespoke meals based on your nutrition requirements. It meant I could worry about training and eating while someone else worried about cooking.

Vacassin increased my calories every couple of weeks and soon I was eating five meals a day with constant snacks in between. At the end of the 12 weeks I was eating more than 4,100 calories on training days. The food itself wasn't the problem – the Fresh Fitness meals were delicious – but the sheer volume made it the toughest part of the challenge. I've always had a bad habit of skipping breakfast so starting the day with a big meal was a shock to the system, and sometimes I'd finish a meal feeling totally full but knowing I'd have to eat another meal and a snack within the next hour. The good

CALORIE INCREASE

You might think you can go out and start eating a load of food when you start training. The problem is that without the ability to burn off the extra fuel you'll just put on weight. It's much better to increase your food intake slowly along with your work load. I started on 2,300 calories and gradually went up to over 4,000.

WEEK 12 MEAL PLAN

Matt increased his calorie intake during the 12 weeks. Aside from a post-workout protein shake, all his fuel came from his food. Here's what he got from Fresh Fitness Food towards the end.

Meal 1 Mediterranean vegetable frittata with guacamole

Meal 2 Sesame cashew protein balls with dressing

Meal 3 Chicken strips and green beans with seed pot

Meal 4 Barbecue beef rump and salsa with seed pot

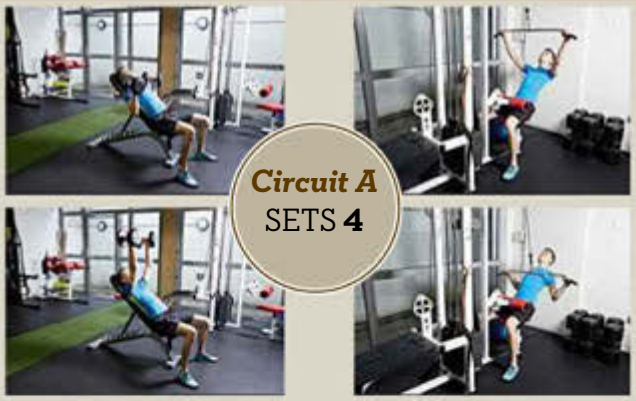
Meal 5 Salmon niçoise with guacamole

Meal 6 Lean turkey bolognese with guacamole

TOTAL CALORIES 3,357
Protein **220g** Carbs **230g** Fat **173g**



SESSION 2 Full-body workout



Circuit A
SETS **4**

INCLINE DUMBBELL PRESS

REPS 10

Lie on a bench set at a 45° angle, holding dumbbells beside your chest. Press them straight overhead and lower slowly.

LEAN-BACK LAT PULL-DOWN

REPS 15

Sit at the machine and lean backwards about 45°, keeping your chest up, and pull the bar down to your chest. Return until your arms are fully extended.



Circuit B
SETS **4**

BOARD PRESS-UP

REPS 5

Hold the board with a narrow grip, then lower your chest until it touches the board. Press back up until your arms are straight.

SEATED WIDE-GRIP ROW

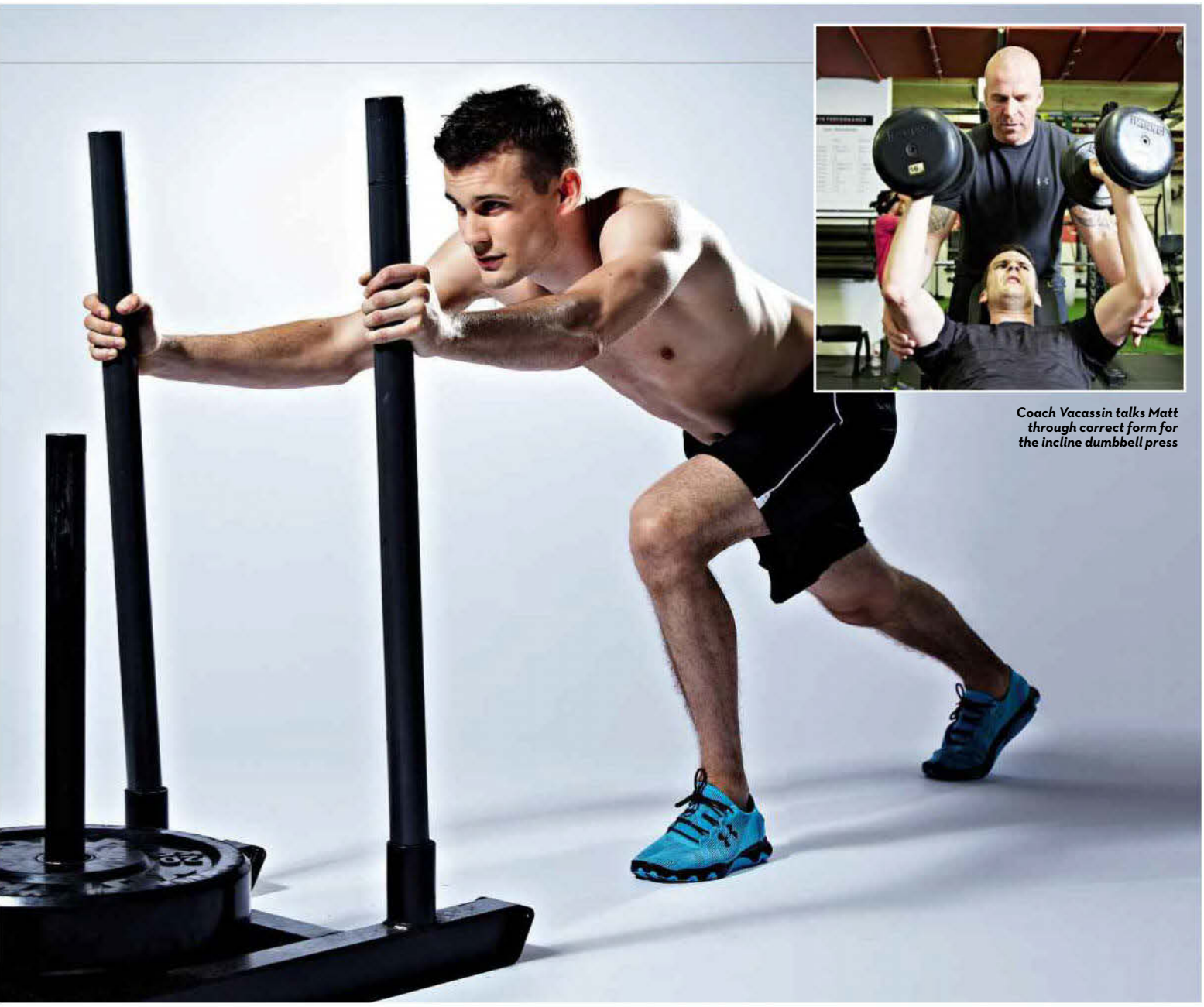
REPS 15

Sit upright at the machine. Grasp the wide bar attachment and pull your shoulders back, lifting chest before pulling in to your chest.

SEATED ROPE FACE PULL

REP 15

Sit upright on the bench holding the rope attachment with straight arms. Pull it to your face, keeping your elbows at shoulder height.



Coach Vacassin talks Matt through correct form for the incline dumbbell press

Circuit C
SETS **3**



WEIGHTED BACK EXTENSION

REPS **15**

Lie face down on a back extension machine with thighs supported. Contract your lower back to raise your torso. Pause at the top.



E-Z BAR BICEPS CURL

REPS **10**

Grip the E-Z bar with both hands. Keeping your elbows by your sides, curl the weights up to your chest, squeeze your biceps and lower.



P-BAR TRICEPS EXTENSION

REPS **10**

Lie holding the P-bar above your head. Bend at your elbows to lower the weight towards your head, then flex your triceps to raise it up.

Circuit D
SETS **3**









SEATED HAMMER CURL

REPS **10**

Sit holding a dumbbell in each hand, palms facing. Keeping your elbows close to your sides, slowly raise both weights to shoulder height, squeezing your biceps at the top. Slowly return to the start.

ROPE TRICEPS PULL-DOWN

REPS **15**

Hold the cable with an overhand grip and your elbows close to your sides. Extend your arms fully before returning to the top position.



As well as his flexibility and strength, Matt had to fix his diet to achieve the body he wanted

news? I had no desire for junk food – I didn't have room.

Turning a corner

Although I'd started to enjoy my sessions more, I still had blips. About halfway through I had two sessions in which my energy was nonexistent, and getting to the end was a struggle. I was told it's natural to have bad sessions but it weighed on my mind. I'd made the mistake of acknowledging to myself my least favourite moves, which put a huge block up for me when I had to do them. (Sled pushes, seated rows, walking lunges and farmer's walks, if you're interested.) I also found that when I had a good session I'd mentally take my foot off the gas, and the next one would inevitably be harder.

As much as I didn't like certain parts of the workouts I couldn't deny that they were working. As well as getting comments that I was standing up straighter, I was amazed at how much more mobile I felt. I wasn't creaking about when I moved and my clean diet meant I didn't have mid-afternoon crashes or hazy hungover mornings.

HARD SHOULDER

Not sure if your shoulders are in the right position? Stand up and put your hands in your back pockets. Notice where your shoulders are? Keep them there.

SESSION 3 Lower-body workout



TRAP BAR DEADLIFT

SETS **5** REPS **5**

With feet shoulder-width apart, grasp the handles and lift by extending your hips and knees. Squeezing your glutes at the top and lower by first bending at the hips.

HE SAFETY BAR SQUAT

SETS **5** REPS **10**
TEMPO **4010**

With the bar on your shoulders, squat until your thighs are at least parallel to the floor. Drive back up through your heels to stand.



HANGING KNEE RAISE

REPS **10**

Put your arms in the slings and hold yourself so your upper arms are parallel to the floor. Contract your core and raise your knees to chest height. Lower slowly.

FARMER'S WALK

DISTANCE **20M**

Pick up the heaviest kettlebells you can handle and walk with your chest out, standing tall with your arms straight at your sides.



WEIGHTED PLANK

TIME **30SEC**

Get into a plank position with your weight supported by your feet and forearms. Have someone place a weight plate on your back. Keep your body in line, feet together and elbows directly under your shoulders. Squeeze your abs and core to help you keep your hips up.

PB CHEESECAKE Build muscle with this simple protein-rich pudding

INGREDIENTS

(MAKES 10 PORTIONS)

225g 0% fat Greek yogurt / 225g low-fat quark / 225g vanilla whey / 2 egg whites / 1tsp honey / Zest and juice of 1 lime / 3tsp peanut butter / 1tsp vanilla essence / 55g ground coconut / 55g ground almonds / 1tsp coconut oil / Handful of strawberries / 1tsp gelatin

TO MAKE

- **Mix the quark, yogurt, whey, egg, lime zest and juice, honey, vanilla and 2tsp peanut butter in a blender.**
- **Line a 20cm baking tray with baking paper. Mix the oats, almonds, oil, coconut and remaining peanut butter and press evenly into the tray.**
- **Bake for 5min at 170°C, then pour your wet mix over the base and bake for 12-15min until set.**
- **Purée the strawberries. Dissolve the gelatin in 60ml hot water and blend with the purée. Pour over the cheesecake and put in fridge to set.**

TOTAL CALORIES 362 (per portion)
Protein **18g** Carbs **11g** Fat **27g**

wellman®

"I have been taking **Wellman®** for many years now and I just don't feel the same when I'm not using it. Anyone competing or living a healthy lifestyle should consider **Wellman®** in their life. I'm a champion and I recommend it."

Ashley Theophane

- *British Champion 2011 - 2012*
- *World Welterweight Champion (GBC)*
- *International Champion (IBO)*
- *Welterweight World Number 4 (IBF)*

Wellman® is an advanced range of nutritional products, tailored to the specific requirements of men. It has helped **World Champion boxer Ashley Theophane** so whether you're competing or not, why not see what it can do for you?



Wellman® Original tablets



Wellman® Sport tablets

UK's No1 FOR MEN**

Britain's No.1 supplements*

QUEEN'S AWARD INNOVATION IN VITAMIN RESEARCH

VITABIOTICS
SCIENCE OF HEALTHY LIVING

www.wellman.co.uk

From Boots, Superdrug, supermarkets, Holland & Barrett, pharmacies & health stores

*(IRI value data. 52 w/e 6th September 14). **UK's No1 men's supplement brand.

ADWELMIXATP 22-01-15E



Three months of hard work later, Matt is stronger and leaner and stands (and sits) a little taller

GET UP FOR YOUR HIPS

If you sit at a desk for hours every day and you've experienced lower back pain, there's a good chance it's a result of tight hip flexors. Studies have shown that simply getting up and walking around for couple of minutes every hour can help avoid problems.

Strong result

By the end my body fat had fallen from 15% to 9% and my strength had improved dramatically. Opening up my shoulders and stretching my pecs allowed me to more than double my bench press, and I managed to lift twice my bodyweight on the trap bar deadlift as my hips improved.

These were concrete improvements in my ability to work in the gym, but the biggest change I noticed was that I was being shouted at less by my coaches. I'd been conscious of the concerned looks I was getting at the start, and to see them lessen felt like a bigger victory than anything else.

I'll admit that as the last session drew closer I looked forward to ending the programme. But I was also thrilled with my progress, especially since I hadn't initially had the physical ability to push myself in the gym. As well as my improved ability to move, I looked better. Gone was the horrible combo of podgy middle and skinny arms. I was now more in proportion and, while I was never going to be considered huge, it was nice to have more muscle on my arms. Now I just have to keep it up so I don't have to go through the same thing in a year's time.

SESSION 4 Strongman workout



HEAVY PROWLER PUSH

DISTANCE **40M**

Get into a split stance with your body level with the top of the prowler and your arms straight. Drive through your front leg to push the prowler forward.

FARMER'S WALK

DISTANCE **40M**

Pick up the heaviest kettlebells you can handle and walk with your chest out, standing tall with your arms straight at your sides.









SLED DRAG AND PUSH

DISTANCE **20M** EACH DIRECTION

Grasp the rope with one hand in front of the other. Draw the rope back with your front hand, keeping your elbow close to your body. Repeat until the sled is at your feet. Then grasp the plates on the sled and drive through with your legs to run it back to the start position.

Circuits 6

MEDICINE BALL SLAM

REPS **5**

Hold a medicine ball above your head. Bring it down in front of your body, slamming it towards the floor. Squat to increase the power.





COCONUT SALMON This lean meal was a lunchtime staple for Matt

INGREDIENTS

1 large salmon fillet / 50g frozen peas / Pinch of fresh chopped mint / 1 lemon wedge / 15g ground coconut / 1 large sweet potato, cut into large chips / 1 sprig of rosemary, chopped / Salt and pepper

TO MAKE

- **Preheat the oven to 180°C/gas mark 4.**
- **Put the coconut in a bowl and add the salmon, coating evenly. Season with salt and pepper and place the fish on a baking tray lined with baking paper.**
- **Sprinkle rosemary over the chips. Season and place on the tray. Bake for 15min.**
- **Lightly steam the peas, then crush.**
- **Add the mint to the peas and serve.**

TOTAL CALORIES 588
Protein **42g** Carbs **57g** Fat **22g**





Selfie life

Boost your motivation and win GymShark gear with inspiring workout selfies

Workout selfies are an excellent tool for documenting your training progress, plus they inspire you and those around you to push even harder to reach new fitness heights. After all, what could be more motivating than seeing your physique improve as a direct result of your gym efforts? With a host of studies – including recent research from the University of Sussex – highlighting the psychological boost provided by a visual record of your results, the time to embrace regular training selfies is now.

To help encourage you to get snapping, *Men's Fitness* and GymShark – one of the world's leading innovators in fitness wear – have teamed up to launch the Healthy Selfie competition, offering £500 of GymShark clothing to whoever can submit the most inspiring workout selfie. 'We're looking for pictures that motivate you, your friends and anyone looking to get fitter,' says Lewis Morgan of GymShark (gymshark.com). 'We've had lots of fantastic entries already, so be quick and submit your selfie soon because the competition closes on 20th June.' It doesn't have to be you at the gym – exercise shots taken at home or at the park are equally valid.

So get out your phone, get creative and use your **#HealthySelfie** to boost your motivation, inspire those around you and smash your fitness goals.



Snap happy

To enter, post your workout selfie on Instagram, Twitter or Facebook, tagging @GymShark and *Men's Fitness* (see below) and including #HealthySelfie – or simply email it to healthyselfie@mensfitness.co.uk. The winning image gets £500 worth of GymShark clothing and accessories.

To tag *MF* MensFitnessUK @MensFitnessMag MensFitnessMagazine

Men's Fitness and GymShark may use your images in print, online and on social media

www.gymshark.com



I'LL COME BACK LEANER & STRONGER

THE NEW LEAN-8 MULTI-PHASE PROTEIN

RECOVER FASTER AND COME BACK STRONGER

USN

DISCOVER THE NEW GLOBAL USN RANGE

WWW.USN.CO.UK USN UK @USN_UK @USNUK

RECIPES
GEAR
SUPPLEMENTS

FUEL

P88 MUSCLE-BUILDING BURGER **P90** THE BEST BARBECUES **P94** HOW TO BOOZE AND GET AWAY WITH IT
P102 CARB BACK-LOADING: EAT JUNK FOOD, LOSE BODY FAT **P106** START THE DAY WITH STEAK AND EGGS

Green and lean

A cup of tea can help you burn even more fat during workouts

Words Ben Ince **Photography** Henry Carter

The cappuccino consumption of Tour de France riders is infamous – Floyd Landis once reportedly saw off 13 in a post-training binge – but for the cyclist looking to get lean, a new challenger has emerged. Green tea has long been lauded for its gut-busting properties (thanks to high levels of catechins, which promote fat oxidation) but new research says it could also increase the amount of fat your burn during a workout. A study in the *Journal Of The International Society Of Sports Nutrition* found that subjects who took a green tea supplement before cycling lost more body fat on average than those who took a placebo. The prescription: do lard-torching interval sessions on the bike, and drink some of the green stuff beforehand – it's a fat-burning storm in a teacup.



Fat-busting burgers

Bored with beef? These homemade fish burgers provide just as much muscle-building protein – plus a bonus hit of joint-soothing omega 3

PREP TIME *10 minutes*
COOKING TIME *10 minutes*

Any self-respecting gent has made his own burgers at some point – and it doesn't take much sense of adventure to dabble with turkey mince, or even lamb. But fish burgers are a different kettle of... well, you know. Fortunately, this salmon recipe – provided by Michelin-starred chef Adam Gray – is easy to make and provides similar levels of muscle-building protein to a traditional beef burger. As a bonus, it's leaner and offers high levels of energy-boosting vitamin B12 and sleep-enhancing selenium.

Adam Gray is executive chef at Skylon in London (skylon-restaurant.co.uk)



per portion

CALORIES	PROTEIN
761	49g
FAT	**CARBS**
37g	61g

INGREDIENTS (SERVES 4)

FOR THE BURGER 600g salmon fillet, skin and any bones removed / 1tbsp rapeseed oil / 40g fresh ginger, peeled and roughly chopped / 1tsp soy sauce / 2tbsp tomato ketchup / Handful of fresh coriander leaves, roughly chopped / Pinch of cayenne pepper / Salt and pepper, to taste / 4 sourdough buns, halved

FOR THE SALAD 2 Braeburn apples / 8 radishes, washed and trimmed at either end / 1tbsp chopped chives / 50ml walnut oil

TO MAKE

- Cut the salmon into 3cm chunks.
- Place the salmon, ketchup, cayenne pepper, soy sauce, ginger and coriander into a food processor and blend it to the consistency of mince.
- Shape into four evenly sized burger patties.
- Brush the burgers with the rapeseed oil and fry for four to five minutes on each side until cooked through.
- Cut the apples and radishes into small batons, place in a bowl and mix with the chives, walnut oil, salt and pepper.
- Top the burgers with salad and serve in the buns.

EXPERT UPGRADES

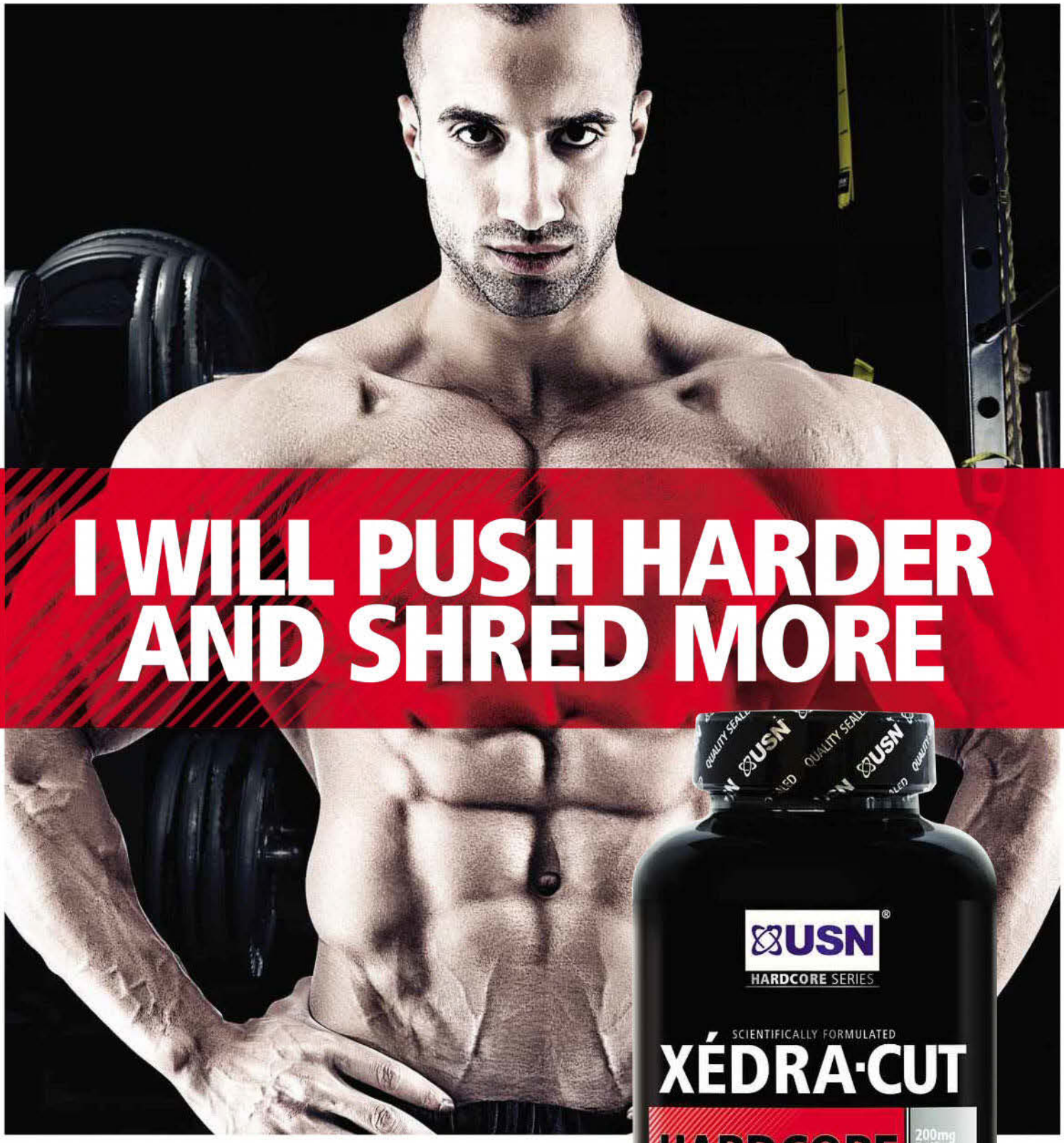
Add these for bonus health benefits

SPRING ONIONS 'Chop them and add them to the burger mix to improve your gut health by increasing bifidobacteria levels,' says personal trainer Aaron Deere *kxlife.co.uk*

MUSTARD 'A teaspoon will give your burgers an added kick and provide immunity-boosting antioxidants,' says sports nutritionist Laurent Bannock *guruperformance.com*

LEMON ZEST 'Chuck some vitamin B-rich lemon zest in your burger mix for better red blood cell production,' says performance nutritionist Nick Morgan *awordonnutrition.com*

Words Ben Ince **Photography** Lauren Mclean **Food styling** Karol Gladki



I WILL PUSH HARDER AND SHRED MORE

THE NEWLY RE-FORMULATED XÉDRA-CUT HARDCORE

FOR INCREASED PHYSICAL PERFORMANCE

HIGH CAFFEINE CONTENT

USN

DISCOVER THE NEW GLOBAL USN RANGE

WWW.USN.CO.UK USN UK @USN_UK @USNUK

Time to grill

Outdoor cookery is what summer's all about. Enhance your experience with a better class of barbecue



Weber Smokey Mountain Cooker 57cm

BEST IN TEST

£500 weberbbq.co.uk

Charring a handful of sausages on a disposable grill is fine if you're feeding a couple of friends, but what if you want to slow roast an entire joint of meat? Enter the Smokey Mountain, which features efficient air vents that ensure heat is evenly distributed throughout its robust steel barrel to guarantee a thoroughly cooked, smoky slow-roasted feast. A water pan keeps things cool enough to avoid food drying out, and the cooker doubles as a campfire if you take the barrel off.

Fire Mountain Portable

£90 alfresia.co.uk

Best electric grill



This compact electric barbecue is gratifyingly easy to use, even for the novice grillsman – all you have to do is plug it in. Separate 'fry' and 'grill' surfaces mean you can even use it for your morning bacon and eggs.

Outback Meteor

£330

outbackdirect.co.uk

Best home gas grill



This stylish barbecue has lava rocks – sadly not made from real lava – that vaporise dripping fat to give your food a smoky taste. A side burner and griddle let you boil and fry at the same time.

Son Of Hibachi

£70 amazon.co.uk

Best portable charcoal grill



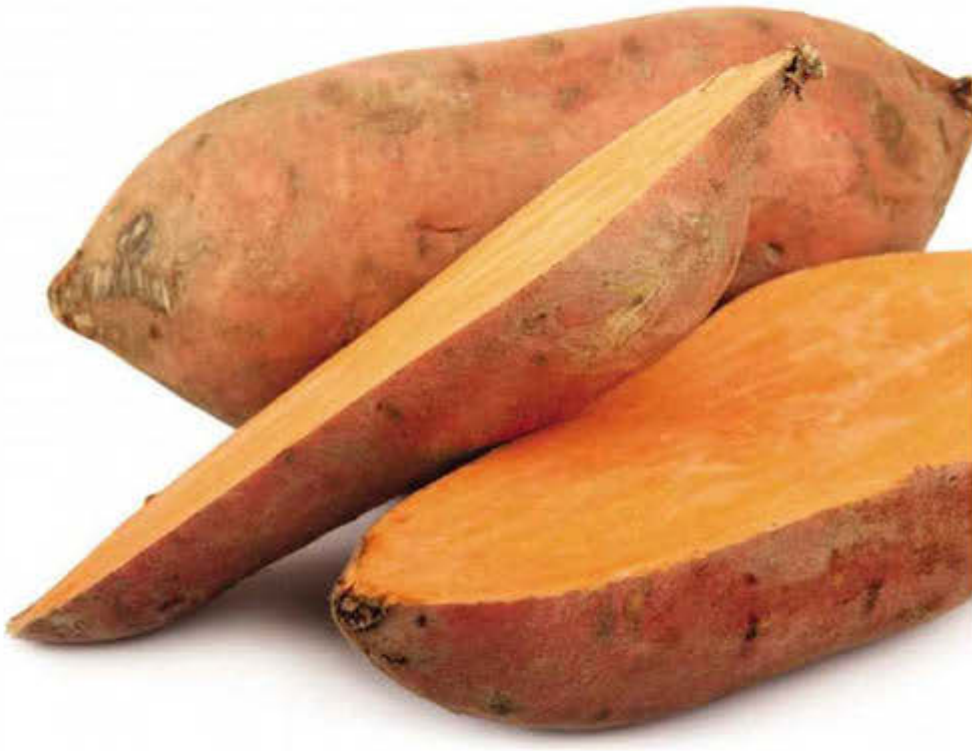
Folding this charcoal barbecue after lighting creates a chimney effect that heats it up quickly. Once it's hot, unfold it and start grilling. Then, when you've finished, fold it back together and it'll clean itself by heating off any scraps of meat.

Words Sam Razvi Photography Henry Carter


BUILD YOUR
MUSCLES
IN HD
NEW
MULTIPOWER
100% PURE
WHEY
PROTEIN
MULTIPOWER
MASS
GAINER
PROTEIN CARB COMPLEX
MULTIPOWER
ISOLATE
PROTEIN
Use smart protein products to get the definition you desire
with the new premium protein range from Multipower
MULTIPOWER
www.multipower.com

SAY YES TO... SWEET POTATO

The sweet potato is nature's jack of all trades, equally satisfying baked on its own, mashed and paired with sausages or as part of a dessert. Stuffed with nutrients and fibre, it's also lower GI than many stodgier traditional carb sources – including regular spuds – so sub it in for potatoes in a variety of meals to reduce the risk of spiking your blood sugar and minimise fat storage.



SWEET POTATO BY NUMBERS

231 One small sweet potato contains 231% of your RDA of vitamin A

37 A medium-size sweet potato provides 37% of your vitamin C RDA

45 The percentage of your manganese RDA provided by one large sweet potato

A QUESTION OF TASTE Three ways to love sweet potato

SWEET POTATO HASH

INGREDIENTS (SERVES 2)

2 small sweet potatoes, cubed / 1 onion, chopped / 1tbsp olive oil / 1tsp cayenne pepper / Salt and pepper to taste / 1 red pepper, chopped / 1tbsp dried mixed herbs

TO MAKE

Heat the oil over a medium heat and cook the sweet potatoes and onions with the salt, pepper and cayenne pepper, covered, for about five minutes until soft. Remove the lid and cook for two to three minutes until browned. Add the remaining ingredients, mix and cook, covered, for another two to three minutes. Remove the lid, garnish with the mixed herbs and serve immediately.

KAROLGLADKI.COM



SWEET POTATO CHOCOLATE PUDDING

INGREDIENTS (SERVES 2)

1 large sweet potato / 35g unsweetened cocoa powder / 2tbsp pure maple syrup / 60ml unsweetened vanilla almond milk / ½tsp espresso powder / ½tsp pure vanilla extract

TO MAKE

Bake the sweet potato in an oven, preheated to 200°C/gas mark 6, for one hour until soft, then peel it and purée in a food processor. Measure out 150g of the puréed sweet potato and mix it with all the remaining ingredients in the blender until smooth.

HEALTHYFOODFORLIVING.COM



BAKED EGGS IN SWEET POTATO

INGREDIENTS (SERVES 1)

1 large sweet potato / 2 eggs / 1tbsp grated parmesan cheese

TO MAKE

Heat your oven to 200°C/gas mark 6. Prick the sweet potato a few times, place it on a baking tray and cook it for 45 minutes. Allow it to cool, then hollow out a hole in the centre of the sweet potato, place it inside a small baking dish and crack the eggs into the hole. Top with the cheese and bake for 25 minutes.

ALLAPOPPY.COM



Words Ben Ince Photography iStock



CHOSEN BY THE BEST

TEAM SKY'S SUCCESS COMES FROM ACCEPTING ONLY THE VERY BEST. SO WHEN THEY IDENTIFIED THAT THEIR RIDERS WEREN'T DRINKING ENOUGH, THEY COLLABORATED WITH CNP TO DEVELOP A PRODUCT THAT RIDERS WOULDN'T TIRE OF. AND SO CNP RACE DRINK WAS BORN.

- Mild taste to eliminate flavour fatigue
- Stomach friendly, PH Neutral formula
- Added electrolytes for better hydration

#TrueStory

TEAM sky OFFICIAL SUPPLIER CNP BRITISH CYCLING

cnpprofessional.co.uk @cnpcycling cnpcycling

THE NEW RULES OF BOOZE

For a long time the alcohol guidelines for people who are serious about fitness came down to 'avoid it' – but new research has changed that. Here's how training and tippling can go hand in hand

I DRINK YOUR FIVE (UNITS) A DAY

Despite what you might have heard, having a cheeky beer won't waste all your muscle tissue or cause your testosterone levels to nosedive. 'People who say that forget that the body actually produces a small amount of alcohol naturally as a byproduct of processing substances such as sugar alcohols,' says nutritionist and sports scientist Laurent Bannock (guruperformance.com). 'Our systems are designed to use and dispose of alcohol in small quantities anyway, so the idea that you need to avoid it entirely simply isn't true.'

But how much booze can you consume in one sitting before your body starts to suffer? A study published in the journal *Sports Medicine* established 0.5g alcohol per kg of your bodyweight as the limit, which equates to five units – or three 330ml bottles of beer – for an 80kg man.



Words Ben Ince **Photography** Henry Carter, iStock



Been keeping the booze locked away? Follow our rules and you can set it free

2 HAVE THREE DAYS OFF IN A ROW

Regular drinking – which the NHS classifies as three to four units most days or every day – can put significant strain on your liver over time, which can lead to health issues including liver disease. But that doesn't mean you have to give up the post-work pints entirely. According to the Royal College of Physicians it takes two to three days for liver cells to recover after processing alcohol, so if you can manage three consecutive booze-free days each week your liver should be in the clear. What's more, American studies have found that indulging within these limits can even reduce the risk of dementia and heart disease. Your new golden rule? Guarantee three booze-free days every week with the two-card system: you start each week with two drinking cards and you can play them on any two days. Just remember the amount you can drink is still governed by Rule 1.

3 GET THE NAC OF BEATING HANGOVERS

Even if you rarely drink, chances are you'll fall off the wagon at some point – and at this point, it's all about damage limitation for the inevitable hangover. 'The metabolic pathways that your body uses to process alcohol rely on a compound called N-Acetylcysteine (NAC),' says functional medicine consultant and personal trainer Aaron Deere (kxlife.co.uk). 'If you don't have enough NAC, it'll hamper your body's ability to process all the alcohol you've consumed. To counteract this and reduce the length and strength of your hangover, take an NAC supplement before going to bed at the end of a night out, ideally with a pint or two of water to help rehydrate yourself.'



4 KEEP IT LEAN

One of the main reasons that regular drinking leads to weight gain is that the body prioritises metabolising alcohol ahead of everything else, according to a study published in the *American Journal Of Clinical Nutrition*. This reduces its ability to process fats and carbohydrates, which it instead stores as fat. To avoid this problem, stick to eating lean protein sources with plenty of green veg before and after a big night out. 'Chicken breast and venison are among the leanest and most nutrient-rich,' says Deere.

#BeYourBest



THE MOST EXTREME PRE WORKOUT TO HIT THE UK

PUMP & VASCULARITY AMPLIFIER

Includes AAKG, Agmatime Sulfate and L-Norvaline for unrivalled muscular pumps

POWER & STRENGTH MATRIX

Unique blend of Beta Alanine, Betaine Anhydrous and Creatine Nitrate

FOCUS & ENERGY ACTIVATOR

Combines Caffeine and Niacin to help reduce tiredness and fatigue for prolonged workout focus

NO3 INDUSTRY LEADING NO3 TECHNOLOGY

Creatine Nitrate provides a nitric acid and creatine fusion for advanced vasodilation and ATP production

2 NEW EXPLOSIVE FLAVOURS

TAKE THE TEST

UPGRADE TO 'BEST IN CLASS' SPORTS NUTRITION AND SEE HOW FAR YOU CAN GO

WWW.PROTEINDYNAMIX.COM

Protein Dynamix



5 WIN THE HUNGER GAMES

'One of the biggest issues with consuming alcohol is that it reduces your inhibitions, which makes you far more susceptible to making poor nutritional choices,' says Bannock. Can't say no to a greasy kebab on your stumble home? It might be worth tailoring your drinking to avoid stimulating your appetite unnecessarily. A study from the journal *Pharmacology, Biochemistry & Behavior* found that the histamine in red wine ramps up your levels of the hormone cortisol and with it, your appetite, as do most blood sugar-spiking mixers. The good news is the study also established that beer can help to suppress your hunger by releasing a compound called GLP-1. Our advice: stick to low-sugar mixers such as soda or even just water.

6 SLEEP IT OFF

Ever spent your Friday night worrying about how much your burgeoning drunkenness will affect your on-pitch performance the next day? According to research published in the *Journal Of Science And Medicine In Sport*, you shouldn't – provided you allow yourself enough time to sleep it off before kick-off. The study put a group of rugby players through a series of strength and conditioning tests the morning after drinking a ridiculous 11 pints each. Surprisingly, the only negative affect was a reduction in lower-body strength, which the researchers actually attributed to a lack of sleep – the subjects averaged one to three hours – rather than the alcohol intake.

The closer you can get to seven hours' kip (the minimum amount recommended by the National Sleep Foundation) the better. If you're struggling to nod off, try snacking on a tryptophan-rich, sleep-hormone improving banana before hitting the sack – it'll help soak up the booze too.

7 HIT THE BAR NOT THE ROAD

Unsure how best to schedule your training around your social life? If you want to avoid a drop in testosterone levels after a big night out, head to the gym beforehand rather than going for a run. That's according to a study published in the journal *Sports Medicine*, which found that consuming 1.5g of alcohol per kg of bodyweight – which equates to roughly 15 units or six pints of beer for an 80kg man – after exhaustive endurance exercise led to significantly lowered testosterone levels compared with consuming the same amount after weight training.

#BeYourBest

"Absolutely unreal"

"The best on the market by far"

"DynaBars taste fantastic"

"Protein never tasted so good"

"Brilliant fuel up"

"Definitely be buying again"



OFFICIALLY VOTED THE UK'S BEST TASTING PROTEIN BAR*

20g

PROTEIN PER BAR

DynaBar™ protein blend provides a massive 20g quality protein per bar

BEFORE OR AFTER EXERCISE

High protein content contributes to the growth and maintenance of muscle mass

IDEAL HIGH PROTEIN SNACK

Indulgent and luxurious crispy bar, with real milk chocolate, the perfect way of adding quality protein to your daily nutrition plan

THE BEST TASTING PROTEIN BAR

*In an independent taste test 79% of participants voted DynaBar™ 'best tasting' when compared to other market leading brands

TAKE THE TEST

UPGRADE TO 'BEST IN CLASS' SPORTS NUTRITION AND SEE HOW FAR YOU CAN GO

WWW.PROTEINDYNAMIX.COM

Protein Dynamix



WHITE CHOCOLATE RASPBERRY RIPPLE

An amazing mix of real freeze dried raspberries and freshly roasted and ground almond nut butter blended together with serious white chocolatey chunks. A wonderfully aromatic flavour which is simply irresistible!



CHERRY BAKEWELL

The marriage of luxurious cherries, the finest roasted almonds and pure cocoa butter come together in way that will astound you. A unique take on a Cherry Bakewell that will leave you wanting just one more every time!



WHITE CHOCOLATE APRICOT

Wonderfully fragrant freeze dried apricots carefully folded into a sumptuous blend of roasted almonds and white chocolatey chunks. Fruity, fresh and sumptuous all at the same time!



CHOCOLATE PEANUT CARAMEL

Who can resist? A blend of the finest cocoa powder, cocoa butter and freshly roasted and ground peanut butter fused together to create a sumptuous chocolatey experience which is boosted with chunks of caramel flavour!



COOKIES & CREAM

Decadent, sweet, chocolatey, indulgent, call it what you will, it tastes too good to be true. Finest roasted almonds and crunchy white and dark chocolatey pieces, as well as crunchy cookie pieces create a uniquely appealing texture, with an incredibly realistic cookie flavour. But it's the real thing with nutritionals that don't lie. It's protein magic!



DOUBLE CHOCOLATE BROWNIE

A chocolate lovers dream concoction made with the finest cocoa powder and butter, blended with freshly roasted and ground almond butter. Surprisingly generous dark chocolatey chunks dispersed throughout make this bar simply irresistible!


Reflex
"One bar crawl
I can
justify"
Olly Foster, cover model and elite personal trainer
Protein, bar none
R-BAR Protein is a bar of unrivalled quality incorporating nutritionally uncompromised ingredients. Created in our bespoke state of the art factory in Sussex, every ingredient has been carefully selected providing you with the finest protein, whole nut butters, cocoa butter and carefully tailored natural flavours.
Crucially, it contains NO palm oil, soy protein, glucose syrup or GMO ingredients.
It also contains no artificial colours, flavourings or sweeteners.
20g PROTEIN
10g* FIBRE
1g* SUGAR
ReflexRBar
R-Bars.com
@ReflexRBar
#RtheBar
* Nutritional values refer to Chocolate Peanut Caramel, Cookies & Cream and Double Chocolate Brownie variants.



Every month for a year, nutritionist Drew Price follows a different nutrition strategy. This issue...

Carb back-loading

THE DIET

Carb back-loading is a calorie- and carb-cycling diet that lets you choose one of two goals: more muscle with minimal fat gain, or less fat with minimal muscle loss. It relies on timing your carb and calorie intake to make the most of anabolic (muscle-building) and fat-burning hormones – but the real headline-grabber is that it encourages eating junk food.

THE CLAIM

The diet's creator, John Kiefer, claims that by keeping carbohydrates and calories low but having very high-carb, high-calorie feeds in the evening after training, you can gain muscle and lose fat.

High-GI (glycaemic index) carbs are preferred so that you get a short, sharp spike in insulin, replenishing muscle fuel stores and supporting muscle gain, but leave most of the day insulin-free so as not to inhibit your body's fat-burning abilities.

THE METHOD

The diet begins with an initial low-carb preparation phase, designed to increase your body's ability to metabolise fat and help you work out how big your carb intake should be based on your fat loss.

Once on the diet, you eat sparingly during the day, sticking to lean protein and low-carb veg. On training days you have whey before training, and then in the evening you back-load with one or two large, high-GI, carb-heavy meals. On non-training days you keep the carb intake lower, with a smaller, lower-carb evening meal and more protein and healthy fats.

THE REALITY

Carb back-loading was, in a word, fun. I never felt hungry. The daytime diet of tuna salads and whey isolate shakes was familiar for me, but the back-loads were new territory. I felt like a ten-year-old again, consuming large amounts of 'junk' carbs such as cereal, pizza and pastries. Eating out was a dream, and I had to stop myself training more often just to earn the 'reward' of the carb back-load afterwards.

One downside is that you have to train at around 5-6pm for optimal results, which is when gyms are busiest. You can train at other times, but the results – according to Kiefer – won't be as good.

The second problem was the carb intake. I'd calculated during the prep phase that I needed 450g of carbs, which equates to around 20 Krispy Kreme glazed doughnuts. Even using carb drinks and junk food this was a challenge, and I often fell short.



Eat clean during the day and gorge on junk carbs in the evening. Yes, this is a real diet

THE RESULTS

I found carb back-loading easy to do, and eating only a couple of small low-carb meals in the day saved time and avoided a post-lunch dip in concentration. Although I was going to the gym having eaten very little, training felt good. My lift numbers went up, conditioning sessions were more intense and my recovery was great.

> 'I needed 450g of carbs, which is 20 Krispy Kreme doughnuts'

My body composition testing – provided by Speedflex (speedflex.com) – showed a near 1kg rise in muscle mass and a slight loss of fat. Small changes in body composition are hard to track, but any lean mass gain with no change in body fat or even a little fat loss is a big bonus.

The real concern I felt each night was what all those doughnuts, pastries and bowls of Coco Pops were doing to my insides, but my health-oriented results were the biggest eye-opener – with my HDL or 'good' cholesterol levels rising, my LDL or 'bad' cholesterol levels falling, my triglyceride levels improving and visceral fat levels dropping.

THE VERDICT

Carb back-loading is a fun diet that could be a great choice for anyone looking to gain lean mass or drop fat. For the best results, though, you may have to rearrange your day.

KING OF THE LOAD

Price ate clean during the day and then gorged on high-GI carbs in the evening after training. Here's how he did it

Wake up
Coffee with coconut butter

Mid-morning
20g mixed whey isolate and casein shake with 5g creatine

Early afternoon
Tuna salad with 30g tuna, lettuce, onion, 1tsp olive oil, 2tsp vinegar

Pre-training
Black coffee with 15g whey isolate

Post-training
40g mixed whey isolate and casein shake with 30g carb mix and 5g creatine

First evening meal
Half a 15in pizza, salmon steak, doughnuts

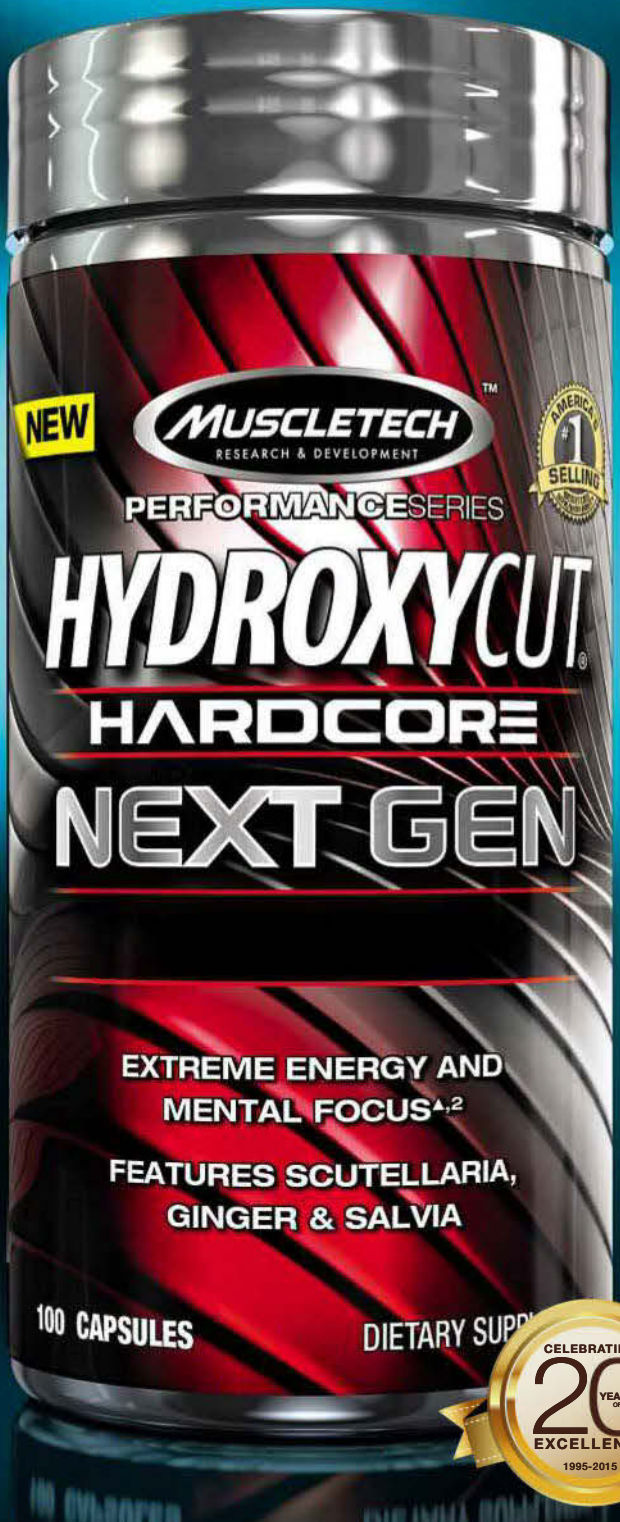
Second evening meal
Steak with potatoes and asparagus, and three bowls of Crunchy Nut cornflakes

Photography iStock

MUSCLETECH™
RESEARCH & DEVELOPMENT

SUPERIOR SCIENCE. SUPERIOR RESULTS.

NOW AVAILABLE IN THE U.K.



THE EVOLUTION IN EXTREME ENERGY

The next evolution of Hydroxycut® is here! The all-new HYDROXYCUT HARDCORE® NEXT GEN features a combination of Ginger, Scutellaria and Salvia to drive an incredible training experience. It also delivers the scientifically researched key ingredient caffeine for explosive energy and intense focus. You've never tried anything like this before-guaranteed!

ENERGY

FOCUS

GET IT TODAY

MUSCLETECH V.I.P.

BECOME A MUSCLETECH V.I.P. AT
MUSCLETECH.UK.COM

Proper nutrition and regular training are essential to achieving your fitness and bodybuilding goals. Facebook logo is owned by Facebook Inc. All trademarks are owned by their respective trademark owners. Carefully read the entire label before use and follow directions. © 2015

The perfect blend

Get creative with your blender and reap the fitness-boosting benefits

What's the one piece of kit that no man's kitchen should be without? If you answered 'blender', go to the top of the cookery class. They're not just for smoothies and soups – with a bit of imagination you can easily up your culinary game and use your machine to whip up a host of nutrient-rich sauces, marinades and even burgers. Rebecca Miller Ffrench's *The Ultimate Blender Cookbook* (published by The Countryman Press) gives you the tools to make the most of your blender – and here are three of her recipes to get you started.



LAMB PITTA BURGERS

INGREDIENTS (SERVES 4)

2 garlic cloves, peeled / 2tbsp fresh mint / 2tbsp fresh coriander / 2tbsp Greek yogurt / ½tsp cumin / ½tsp turmeric / Pinch of salt / Pinch of black pepper / 200g lamb mince / 2tsp extra virgin olive oil / Wholemeal pittas / Tzatziki and chopped lettuce and tomatoes, to serve

TO MAKE

Put the garlic, mint and coriander in the blender and pulse several times on medium, using a spatula as needed to scrape the sides. Add the yogurt, cumin, turmeric, salt, pepper and mince. Pulse again until mixed. Place the mixture on a sheet of waxed paper and form into small burgers using 2tbsp per patty – you should get about 14. Heat the oil in a frying pan over medium-high heat and cook the burgers in batches, turning them after several minutes. Once they're browned on all sides, turn down the heat and cook for another few minutes. Serve in pittas with tomato, lettuce and tzatziki.



ROASTED ROOT VEG WITH ROMESCO SAUCE

INGREDIENTS (SERVES 6)

1 ancho chilli pepper, cored and deseeded / 3 red peppers, deseeded and halved lengthwise / 50g hazelnuts, skinned / 400g canned tomatoes / 3 garlic cloves, peeled / 2tbsp flat-leaf parsley / 2tbsp red wine vinegar / 1tsp smoked paprika / 5tbsp extra virgin olive oil / 1.5kg root vegetables (carrots, parsnips, white potatoes, sweet potatoes), peeled and cut into 5cm cubes / Salt and black pepper

TO MAKE

Preheat the oven to 230°C/gas mark 8. Place the ancho chilli in a bowl and cover it with boiling water. Allow it to sit for 30 minutes, then drain. Place the red peppers on a foil-lined baking sheet and roast in the oven for 40 minutes or until the skins begin to char. Remove and put in a brown paper bag to steam, rolling the top of the bag tightly to create a seal. When they're cool enough (about 15 minutes), remove the skins. Turn down the oven to 200°C/gas 6. Put the hazelnuts in the blender and pulse until coarsely ground. Add the skinned peppers and chilli along with the tomatoes, garlic, parsley, vinegar, paprika and 3tbsp of the oil. Purée until smooth to create the Romesco sauce. Toss the cubed vegetables with the remaining olive oil, salt and pepper. Put on a baking sheet and roast for 40 minutes, turning several times. Transfer the veg to a bowl, toss with the Romesco sauce and serve.



LEMON TARRAGON CHICKEN

INGREDIENTS (SERVES 4-6)

1 whole chicken, cut into pieces / 100ml freshly squeezed lemon juice (keep the rinds) / 100ml extra virgin olive oil / 50ml tarragon or white wine vinegar / 2 garlic cloves, peeled / 2tsp Dijon mustard / 1tsp kosher salt / A bunch of fresh tarragon

TO MAKE

Put all the ingredients except the lemon rinds and chicken in the blender and blend for 30 seconds or until smooth. Place the chicken into a sealable plastic bag with the lemon rinds and pour in the marinade. Seal and marinate for at least eight hours. Preheat your grill to a low heat. Remove the chicken from the marinade and grill it for 30 minutes. Towards the end, add the leftover marinade to a pan, bring it to a boil and simmer on low for six minutes. Pour over the chicken, then serve garnished with fresh tarragon leaves.

Words Ben Ince

NEW

Go hard today.

Don't fear tomorrow.

Fatigue Reduction

Energy Production

Fast Absorption

ROMAIN GUILLAUME
2014 IRONMAN
LANZAROTE CHAMPION



INFORMED-SPORT.com
Trusted by sport

etixx
sports nutrition

Soreness can limit your performance the next day. Magnesium is an essential mineral to reduce fatigue and support energy production. Try new Magnesium Absorption+ in a high-dose, fast-absorbing format with added vitamin C so that you can **#giveityourall**

DISCOVER THE COMPLETE RANGE AT
www.etixxsports.com

HOLLAND & BARRETT the good life · wiggle · Chain Reaction Cycles · SIGMA SPORT .co.uk

© BERT STEPHANI

Morning muscle

Start your day as you mean to go on with a muscle-building protein-rich breakfast

PREP TIME
5 minutes plus marinating
COOKING TIME
10 minutes

Steak for breakfast? If you're serious about building muscle, embracing your inner caveman is the way forward. Twinning a giant hunk of beef with a poached egg provides over 80g of muscle-building protein, getting you well on your way to hitting your daily macronutrient targets before you've even left the house. The recipe below, provided by Gym's Kitchen (gymskitchen.co.uk), also has a vitamin B6-rich garlic marinade that will aid the muscle-building process by helping your body metabolise carbohydrates more efficiently. Time to up the steaks.



per portion

CALORIES	PROTEIN	CARBS	FAT
798	83g	2g	48g

BREAKFAST

Steak and eggs

INGREDIENTS (SERVES 1)

250g beef steak / 1 egg / 1tsp white wine vinegar / 1 clove garlic, crushed / 1tsp olive oil / 2 sprigs parsley, finely chopped / Salt and pepper, to taste

TO MAKE

- Mix the parsley, olive oil and garlic to create a marinade. Rub this on the steak, season with salt and pepper, cover and leave for at least 30 minutes.
- Heat your grill pan to a high heat. Place the steak under the grill and cook, turning every minute until it's cooked to your liking (approximately five to seven minutes for medium rare, eight to ten for medium and ten to 12 for well done).
- Bring a saucepan of water to the boil and add a drop of white wine vinegar. Once the water starts to boil, stir the water, then crack the egg in the middle. Cook for three to four minutes depending on the size of the egg.
- Remove the poached egg, allowing the water to drain, and place on top of the steak.

LUNCH

Greek salad with chicken, feta and black olives provides high levels of bone-strengthening calcium

- Add finely chopped fresh basil to help avoid fat-storing blood sugar spikes

DINNER

Pork chop with sweet potato mash and roasted vegetables offers immunity-boosting vitamins A and C.

- Season the mash with ground cumin to burn more fat by boosting your metabolism

SNACKS

Beef jerky and cashew nuts contain muscle-building creatine and energy-boosting copper

Words Ben Ince Photography Rupert Fowler

Altitude training.

Without the mountains.

NEW



ZDENEK STYBAR
3 x CYCLOCROSS WORLD CHAMPION

INFORMED-SPORT .com
Trusted by sport

etixx
sports nutrition

Mountains aren't for everyone but you can still get the training benefit. Iron supports the formulation of red blood cells meaning each breath you take can drive you further. Try new Iron Absorption+ in a high-dose, fast-absorbing format with added vitamins and cofactors such as copper, chlorella and chlorophyll so that you can **#giveityourall**

DISCOVER THE COMPLETE RANGE AT
www.etixxsports.com

HOLLAND & BARRETT the good life · wiggle · Chain Reaction cycles · SIGMA SPORT .co.uk

© TIM DE WAELE

Start strong

Supercharge your porridge and kick-start your morning – with a little prep the night before

It's easy to skip breakfast on a weekday – especially if the alternative is an extra five minutes in bed – or worse still, resort to stuffing your face with sugary cereal or toast because you haven't got time to prepare something healthier. The solution? Overnight oats, a hearty upgrade on traditional porridge that, with a mere five minutes' prep the night before, can be eaten immediately when you wake up – no cooking required. 'Soaking the oats in milk or yogurt overnight means they're ready to go when you roll out of bed, and you can add as many healthy ingredients as you like on top,' says dietician and blogger Katherine Younger (katheats.com), who created the version below. 'You can even prep it in a Tupperware tub or jar for an on-the-go breakfast.'

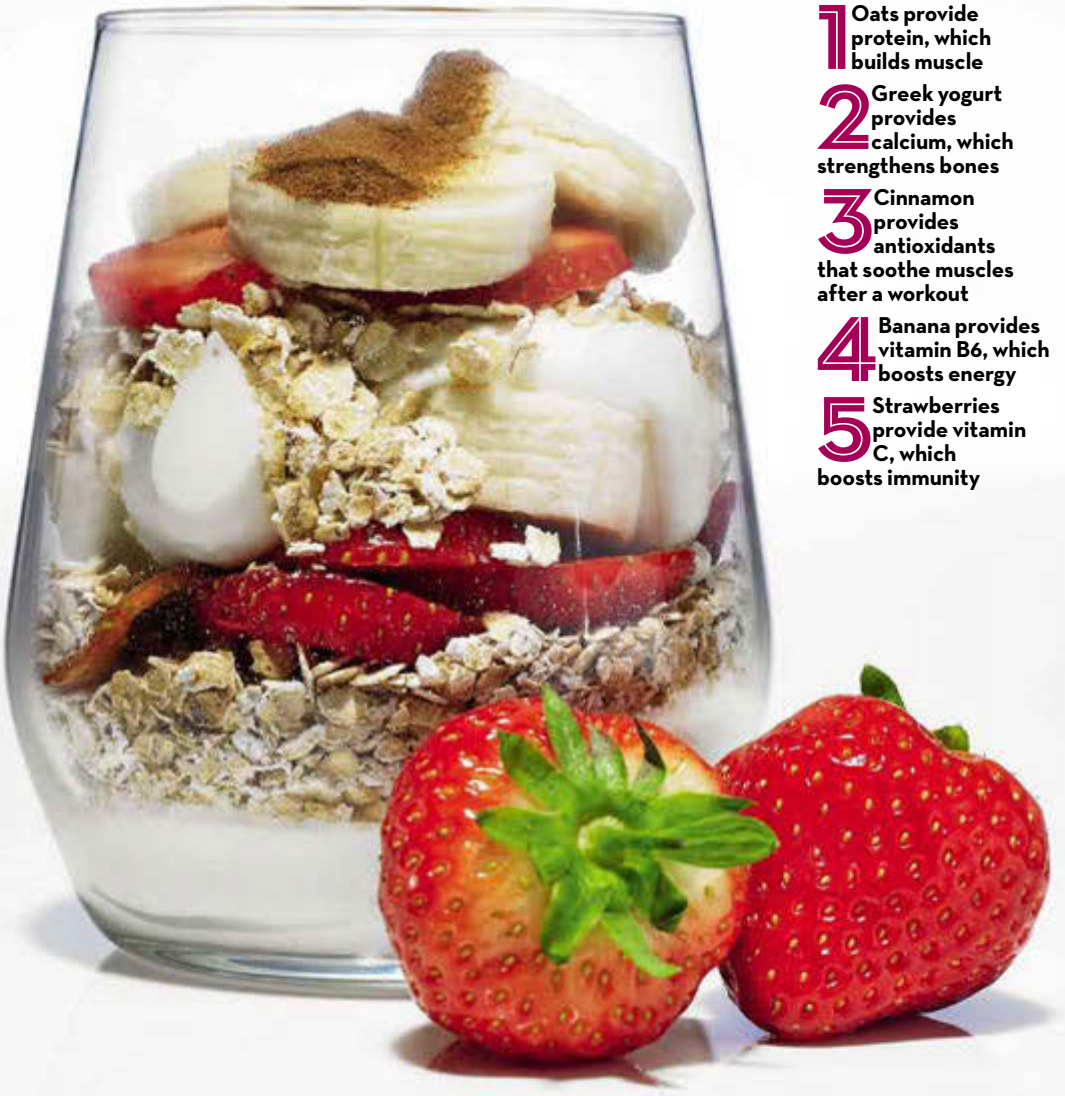
INGREDIENTS

- 90g oats
- 4tbsp Greek yogurt
- Pinch of cinnamon
- 1 banana, sliced
- 5 strawberries, sliced

TO MAKE

- Mix the oats, yogurt and cinnamon in a glass, Tupperware tub or jar. Leave overnight so the oats absorb the milk.
- Top with the banana and strawberries the next morning and eat.

CALORIES	PROTEIN
505	19g
CARBS	**FAT**
91g	8g



1. Oats provide protein, which builds muscle
2. Greek yogurt provides calcium, which strengthens bones
3. Cinnamon provides antioxidants that soothe muscles after a workout
4. Banana provides vitamin B6, which boosts energy
5. Strawberries provide vitamin C, which boosts immunity

ENHANCED EXTRAS

Tweak your oats to suit your fitness goals with these simple recipe upgrades

FOR MUSCLE
Add an extra 150ml of whole milk to your oats and yogurt mix

FOR FAT LOSS
Top your oats with blueberries instead of banana for an extra insulin-regulating boost

FOR ENERGY
Swap the yogurt for milky iced coffee for a caffeine hit to stimulate your body and mind

Words Ben Ince **Photography** Henry Carter

Instant. AND

longer-lasting performance.

NEW



RONNIE SCHILDKNECHT
7 x IRONMAN ZURICH CHAMPION

INFORMED-SPORT .com
Trusted by sport

etixx
sports nutrition

A uniquely sustaining and anti-fatigue gel, without the immediate come-down. Our Triple Action Energy Gel contains 3 carbohydrates that have a phased release for a more sustained supply of energy. Try new Triple Action Energy Gel containing adaptogens caffeine and taurine so that you can **#giveityourall**

DISCOVER THE COMPLETE RANGE AT
www.etixxsports.com

HOLLAND & BARRETT the good life · wiggle · Chain Reaction cycles · SIGMA SPORT .co.uk

© BERT STEPHANI

TRUE INGREDIENTS FOR TOP RESULTS AND HEALTH

UNIQUE IN EUROPE

A PERFECTION,
A DREAM FOR SPORTERS

FROM PRODUCER TO CONSUMER,
SALE BY E-SHOP
WWW.MUSCULI.COM

TRUE QUALITY,
YOU ARE WORTH IT !

E-SHOP
ORDER ONLINE
www.musculi.com



Musculi is:

- ✔ *Top quality products for demanding athletes*
- ✔ *Transparency and top products*
- ✔ *Products monitored by WADA registered laboratory*
- ✔ *Manufactured according to the latest standards: GMP | HACCP | ISO22000 | FSSC22000*

Whey concentrate	*Whey isolate*
Whey hydrolisate	*Mass Gainers*
Pre workouts	*Post workouts*
BCAA´s	*Fat burners*
Vitamines	*and others...*

...all available "NOW" on the webshop:

www.musculi.com


MUSCULI®
TRUE INGREDIENTS FOR TOP RESULTS AND HEALTH
Stephen Harrison
Craig Richey
Musculi Athletes





THERMO DETONATOR

UK's No.1 Selling Weight Management Product

Multi Award Winning Formula: Weight Management Product of the Year 2013, 2014, 2015



HYDRA 6™

50% Whey Isolate – 50% Micellar Casein

The first 50/50 Fast/Slow Protein Blend



.50 CALIBRE®

Pre Workout Devastator

A hard hitting Pre Workout Devastator designed to make every workout an explosive fuelled assault.



CARB KILLA™

High Protein, Low Carb Bar

A triple-layered deliciously crunchy low carb, high protein bar



RATION PACK

Complete Daily Vitamin Supplement

Ration Pack is a complete, daily food supplement, designed to provide comprehensive nutritional support to hardtraining athletes.

JOIN UP

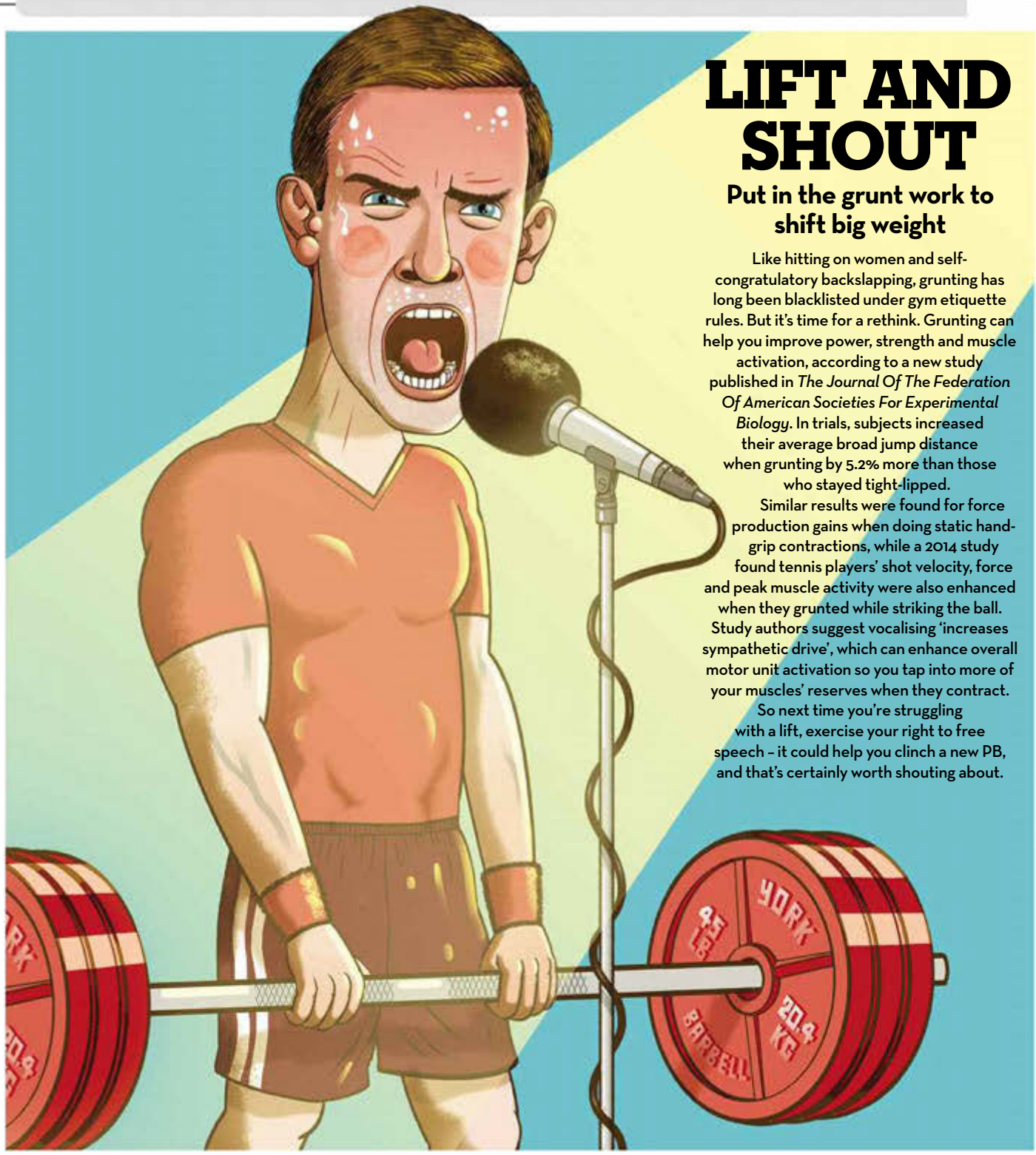
GRENADE®

WWW.GRENADE.COM

MUSCLE
FAT LOSS
CARDIO

TRAINER

P114 BURN FAT AT THE BAR P116 ROW LIKE AN OLYMPIAN P118 DO FITNESS APPS REALLY WORK?
P123 RECORD-BREAKING CYCLIST ALEX DOWSETT P132 INJURY-FREE RUGBY P134 READY TO ROCK



LIFT AND SHOUT

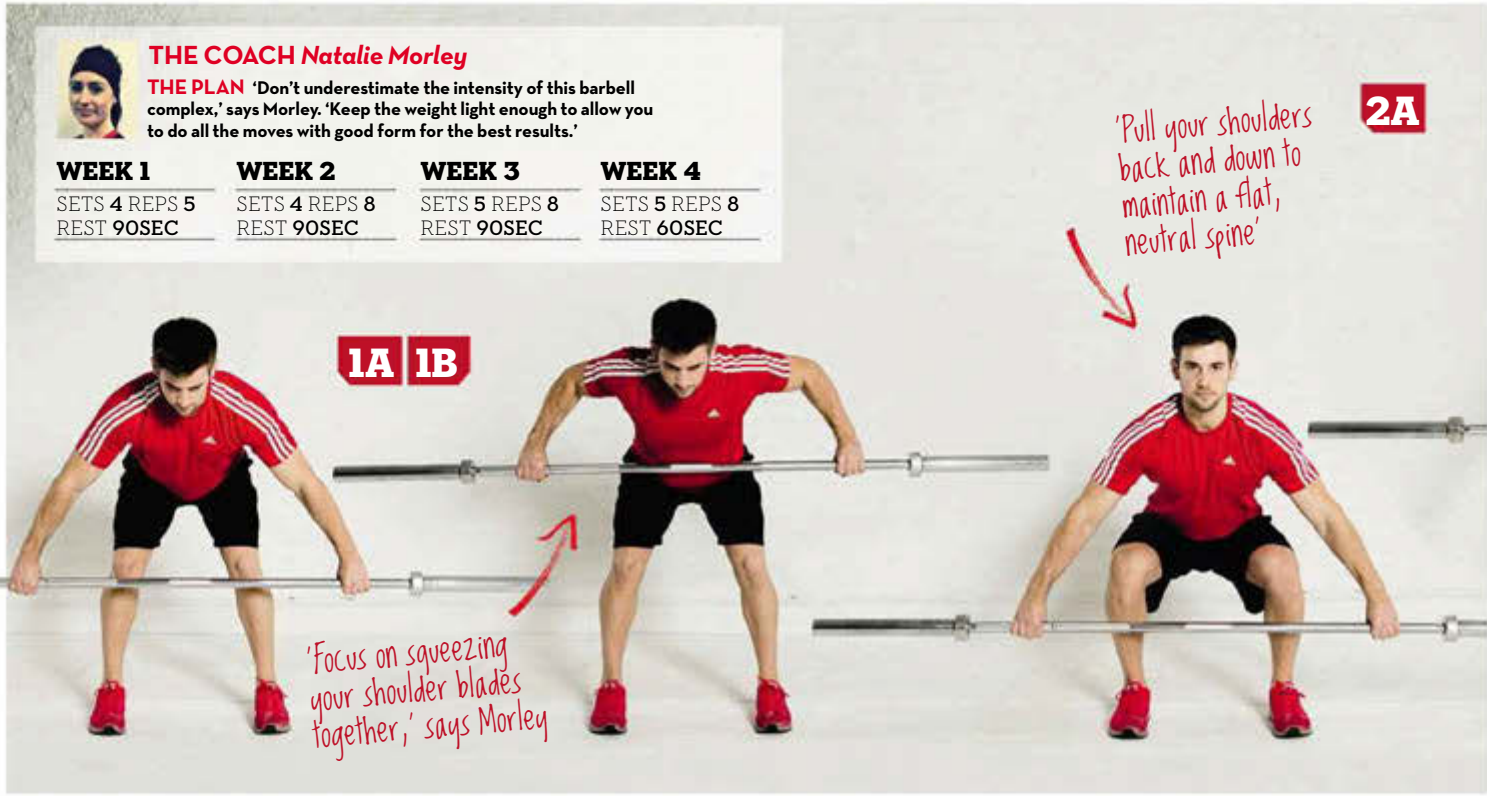
Put in the grunt work to shift big weight

Like hitting on women and self-congratulatory backslapping, grunting has long been blacklisted under gym etiquette rules. But it's time for a rethink. Grunting can help you improve power, strength and muscle activation, according to a new study published in *The Journal Of The Federation Of American Societies For Experimental Biology*. In trials, subjects increased their average broad jump distance when grunting by 5.2% more than those who stayed tight-lipped.

Similar results were found for force production gains when doing static hand-grip contractions, while a 2014 study found tennis players' shot velocity, force and peak muscle activity were also enhanced when they grunted while striking the ball. Study authors suggest vocalising 'increases sympathetic drive', which can enhance overall motor unit activation so you tap into more of your muscles' reserves when they contract.

So next time you're struggling with a lift, exercise your right to free speech – it could help you clinch a new PB, and that's certainly worth shouting about.

Words Sam Rider **Illustration** Andy Ward



THE COACH *Natalie Morley*

THE PLAN 'Don't underestimate the intensity of this barbell complex,' says Morley. 'Keep the weight light enough to allow you to do all the moves with good form for the best results.'

WEEK 1	WEEK 2	WEEK 3	WEEK 4
SETS 4 REPS 5	SETS 4 REPS 8	SETS 5 REPS 8	SETS 5 REPS 8
REST 90SEC	REST 90SEC	REST 90SEC	REST 60SEC

'Pull your shoulders back and down to maintain a flat, neutral spine'

2A

1A 1B

'Focus on squeezing your shoulder blades together,' says Morley

SNATCH AND GRAB

Torch fat and bag an Olympian V-shape with this six-move complex

You don't have to be big to be tough. It's true of most featherweight boxers and it definitely applies to this empty barbell complex. Pick up a barbell using a snatch grip and do all six moves back to back before setting it down. 'The weight might not look challenging but the moves are,' says trainer Natalie Morley (phoenix-strength.co.uk), who devised this plan. 'Even with a light weight, you'll torch calories, and the moves will develop your skill and mobility for the most technical of Olympic lifts: the snatch.'

Use the four-week plan above, doing this complex two or three times a week as a finisher to burn off belly fat and enhance your functional fitness.

1// BENT-OVER ROW

Grasp the bar with hands double shoulder-width apart. Hinge forwards at your hips, keep your core braced and raise the bar towards your sternum.

'As the bar reaches shoulder height, rotate your hands around it and punch it overhead'

4A 4B

'Keep looking straight ahead and avoid craning your neck forwards'

5A



2// DEADLIFT

Squat to lower the bar to shin height, keeping your chest up and your back straight. Then drive your hips forwards to stand tall. Reverse the move back to the start.

3// HIGH PULL

From standing, move your hips back and lower the bar to mid-thigh height, then drive your hips forwards powerfully and quickly raise the bar up to mid-chest height, leading with your elbows so they stay above the bar.

4// MUSCLE SNATCH

In the same way as with the high pull, drive your hips forwards and raise the bar quickly but bring it all the way up, keeping it close to your body, until your arms are locked out above you.

5// KLOKOV PRESS

On the final muscle snatch, lower the bar to rest on your upper back and shoulders. Bend your legs to lower into a quarter squat, then drive up powerfully, using the momentum to press the bar overhead.

6// BACK SQUAT

Lower the bar back onto your upper back and shoulders and sink into a deep squat, keeping your weight on your heels and your chest up. Then drive your hips forwards as you return to standing.



Words Sam Rider **Photography** Tom Miles
Model Alex Crockford@WAthletic. Thanks to Fitness First



LOUDER THAN 10

What damper setting? It's simple: if you're a big guy, go for 8-9 and hit a lower stroke-per-minute 'rating'. Smaller? Set it at 6 or 7 and go faster.

MF CHALLENGE

ROW LIKE AN OLYMPIAN

The 2K row is the gold standard of power endurance, and a guaranteed V-shape builder. Time to stick your oar in

There's a reason Steve Redgrave used to renounce the coxless four after seemingly every Olympics (only to inevitably knuckle down and scoop another gold medal at the next one): rowing is *hard*. More specifically, the 2,000m – the distance of every Olympic event – emphasises endurance, power delivery, and mental toughness. It's also one of the few forms of cardio that builds muscle, rather than eating it away. A 7min 30sec 2K row is respectable, 7min is impressive. Here's how to get there.

THE FORM Yanking at the handle like a lawnmower won't cut it. Here's how the pros pull



1 THE CATCH

Keep your arms straight, head up and upper body leaning forward from the hips. 'Your shins shouldn't go past vertical,' says David Hart of rowing machine company Concept2. 'And don't overreach.'



2 THE DRIVE

Start the drive by pressing with your legs. As you move back, lean back slightly, then finally add the arm pull. 'Your hands move in a straight line to and from the flywheel,' says Hart.



3 THE FINISH

'At the end of the stroke, your upper body should be leaning back to about 11 o'clock. Keep the handle held lightly below your ribs, and don't "chicken wing" it – keep your elbows in.'



4 THE RECOVERY

'Extend your arms until they're straight, then lean forward from your hips. Once your hands have cleared your knees, allow your knees to bend and slide the seat forward.'

THE PLAN

Devised by Gym Jones coach Pieter Vodden, this 2K-smashing strategy takes just 11 days to complete. Repeat the whole thing until your time reaches 'respectable'

DAY 1
Row for 30sec with 90sec recovery. Start by aiming to go 150m per 30sec period and increase that by 1m per round. Take it up as far as you can – 170 is the goal.

DAY 2 *REST*

DAY 3
Row 10 x 500m with 1min rest. Try and hold your intended 2K 'split time' pace – so if you're shooting for a 7min 2K, you need to hit 1min 45sec. On the last round, go all out.

DAY 4/5 *REST*

DAY 6
Warm up for ten minutes, then row 1,000m as fast as possible.

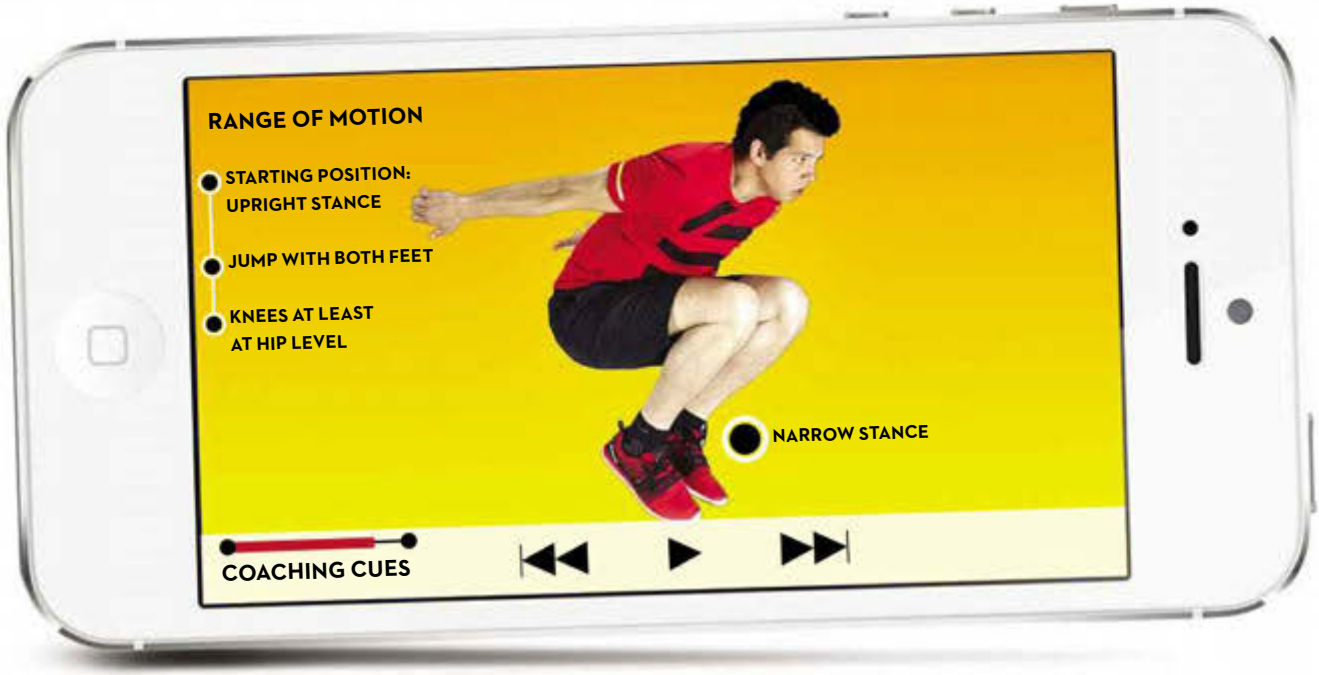
DAY 7 *REST*

DAY 8
Warm up for ten minutes, then row 1,500m as fast as possible.

DAY 9/10 *REST*

DAY 11
Warm up for 20 minutes at a slow place, with occasional 'power 10s' – ten hard strokes at your target 2K pace. Then row 2,000m as fast as possible.

Words Joel Snape **Photography** Nicky Johnston **Model** Charlie Turner@WAthletic **Grooming** Laura Tucker



THE EXPERIMENT

CAN I REALLY GET FIT WITH JUST AN APP?

Can a smartphone-based workout compete with personal training? MF's Freddy Wichert tries Freeletics to find out

Like many 30-somethings, I'm dangerously close to developing a 'dad bod' despite not having any offspring as an excuse. I cycle to work, go for the occasional run and, six months ago, signed up to the gym. I took my complimentary PT session, came away with a simple workout and then, unsure of what to do next, followed the same plan to the letter for months. Progress and motivation quickly dissipated. At this point I turned to my smartphone.



Photography Henry Carter

I'm not the only one seeking digital alternatives. A 2014 study found that 60% prefer to use their smartphone to track health and fitness over listening to music. Research is raw, but a recent Australian study found that fitness apps, including Nike Training Club and Gorilla Workout Free, are just as effective as group cycling (spinning) for burning calories. Admittedly the same study found that one in three people stop using apps because they're too hard.

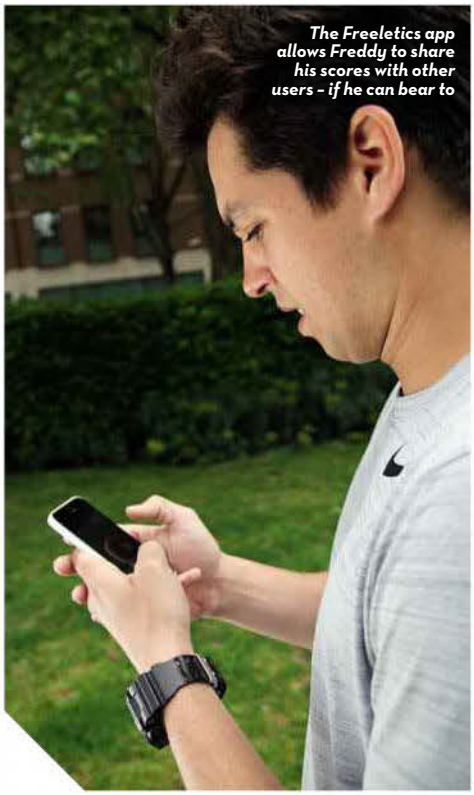
Then I find something that seemw ideal. Freeletics is an online and in-app tool that promises to deliver a comprehensive, intuitive fitness programme to get you in shape. Founded in Munich in 2013, Freeletics offers an alternative to crowded gyms and expensive personal trainers, and people clearly find it appealing – it's one of the fastest-growing apps available on iOS and Android, with over five million users in more than 160 countries. I decide all those millions can't be wrong, and install the app.

My first impression of Freeletics is positive. The free app provides dozens of workouts, each named after Greek gods, which is appropriate since they promise to transform you into an Adonis. The workouts use bodyweight moves such as burpees, sprawls, jump squats, pull-ups (I use a doorframe mount from Iron Gym) mountain climbers and sprints that you have to complete as fast as possible. Freeletics applies the protocols of high-intensity interval training (HIIT), which cause an oxygen debt – called the afterburn effect – to encourage your body to torch calories and improve your endurance.

TRAIN LIKE THE GODS

There are various benefits: you can opt to focus each workout on endurance or strength; every move has a slick video form guide with training cues; it saves you time; you can post your scores on the Freeletics social community to compare with those of other users; and it rewards you with points and level-ups for completing it. However, these seem less appealing when I take on the first workout, ironically named after Aphrodite, the Greek goddess of pleasure: 50, then 40, 30, 20 and ten reps of burpee press-ups, squats and sit-ups as fast as possible. I almost faint just reading it. Burpees have never been my strong suit. My lower back feels too weak and, demoralised and in pain, I give up halfway through.


MF's Freddy throws himself into a series of bodyweight exercises at the behest of his virtual PT


The Freeletics app allows Freddy to share his scores with other users – if he can bear to









The free app offers these workouts, but you have to invest (£25.99 for three months of Freeletics Coach and a further £21.58 for a 15-week nutrition guide offering weekly recipes) if you want to get any actual coaching. I upgrade to Coach for a tailored weekly plan, which means I need to take a fitness test – and memories of Aphrodite come swirling back. Max burpees in five minutes, max lunges in five minutes and max pull-ups in 1min 40sec. Once I submit my (paltry) scores, the app's algorithm works out a programme to follow.

IMPERSONAL TRAINING

For my next workout it tasks me with taking on Aphrodite again, although I only need to do two-fifths of the full workout. You can also rate the difficulty of each training week so the next one will be adjusted accordingly, and you can swap out moves you can't manage. Good riddance, burpees.

Over the next six weeks I follow the programme as best I can, with the prospect of improving my times and earning more points keeping me motivated. I still train only twice a week on average, but I'm able to do so in the privacy of my own bedroom, disgruntled downstairs neighbours permitting, and I'm seeing real changes. I've lost two kilos of body fat and my PBs for press-ups, sit-ups and 400m sprints have all improved.

I'm not quite a fully fledged fanatic, though. I still detest burpees but all I can do is avoid them, whereas one-on-one training with a personal trainer would have identified and attempted to resolve the problem rather than ignoring it. The Coach also throws up the odd, seemingly pointless workout. 'Run 40m', for example. I already did that just chasing my bus down on the way to work.

Ultimately Freeletics is a self-contained sport. The Coach makes you good at Freeletics, rather than specifically tailoring it to your other sporting passions and individual concerns. I might have cut my Aphrodite time in half but I miss the personal touch of one-on-one coaching.

For more info visit freeletics.com/en

PLEASURE OR PAIN

In Freeletics Aphrodite workout you do 50, then 40, then 30, 20 and ten reps of these as fast as possible. Can you handle it?

STANDARD
Burpee press-up, squat, sit-up

ENDURANCE
Sprawl, hands-on-knees squat, crunch

STRENGTH
Burpee squat jump, pistol squat, jackknife

BEFORE AND AFTER

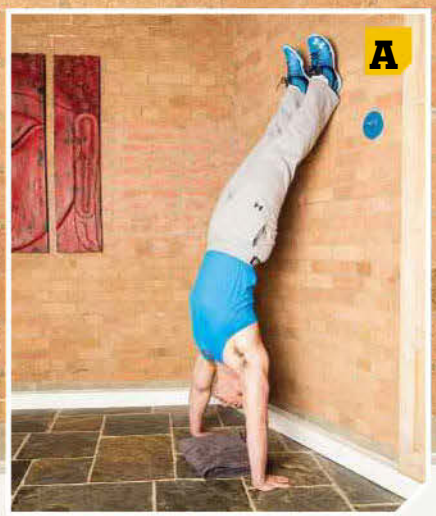
How Freddy's results changed in six weeks

	START	FINISH
Weight	79kg	77kg
Press-up max	10	25
Sit-up max	20	50
Burpee max	3	10
1.5km	7min	6min
400m	2min 10sec	1min 42sec

UP AND AT 'EM

Master the handstand press-up in the comfort of your own home for an iron core and an impressive bedroom party piece

Your home is the perfect place to put your feet up – with handstand press-ups, that is. 'When it comes to improving your overall strength, spatial awareness and body control, handstand training is up there with the best bodyweight exercises you can do with no equipment,' says Shivam Patel of Fitness First, who created this workout. 'The four moves in this workout will build the core strength and body co-ordination needed to execute the handstands.' Build your strength with this workout and work up to the magic HSPU. Just be sure to wear non-marking trainers so you don't leave footprints up the wall.



THE GOAL
HANDSTAND PRESS-UP

Stand facing a wall. Put your hands on the floor, locking out your arms, and kick your feet up so your heels are against the wall. Be confident rather than hesitant here. Keep your abs and glutes tight throughout. With your feet together and eyes looking forwards, not at the floor, bend your arms until your head is just off the floor (place a folded towel there to protect yourself), then press back up. One is an achievement. Ten is the goal.

DIRECTIONS

Set your alarm 20 minutes early. Complete all the exercises in a circuit for 60 seconds each without pausing. Rest for 60 seconds, then repeat for three rounds in total. That leaves you with five minutes to kill – time to make a brew.

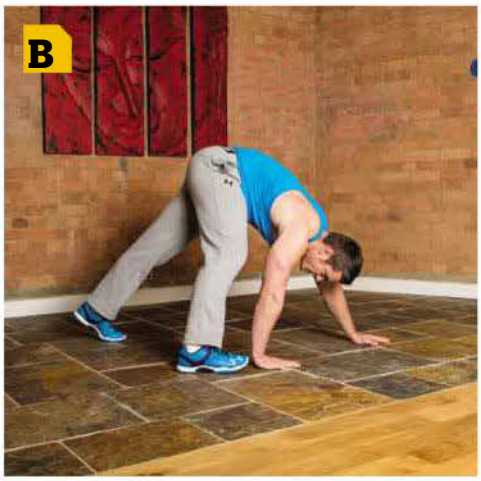
Words Sam Rider **Photography** Tom Miles **Model** Alex McDonald@WAthletic **Grooming** Alice Theobald@Joy Goodman using Label M and Clarins Men

1 BEAR CRAWL

TIME 60SEC

Get on all fours, keeping your back straight and hips as high as possible. Keeping your core tight, move one arm and the opposite leg forward at the same time, then repeat on the other side. Move purposefully but don't rush.

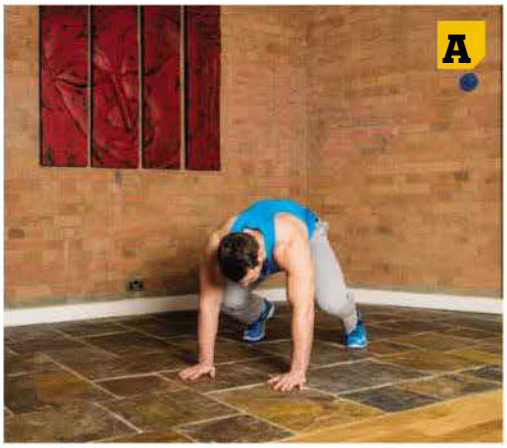


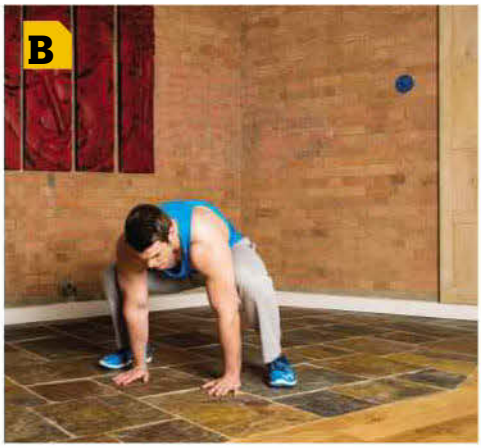


2 FROG HOP

TIME 60SEC

Start in a deep squat position. Put your hands on the floor in front of you and hop your feet forwards so they land just outside your hands. Repeat this movement to continue moving forwards.

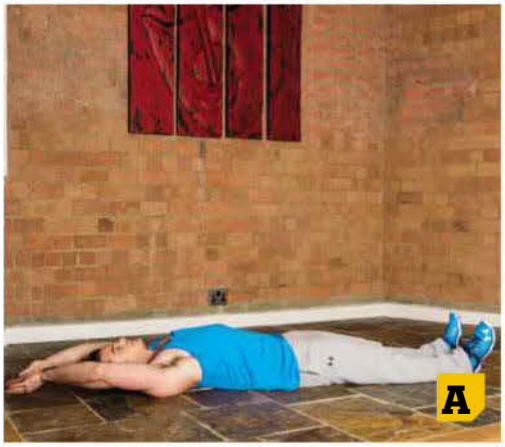


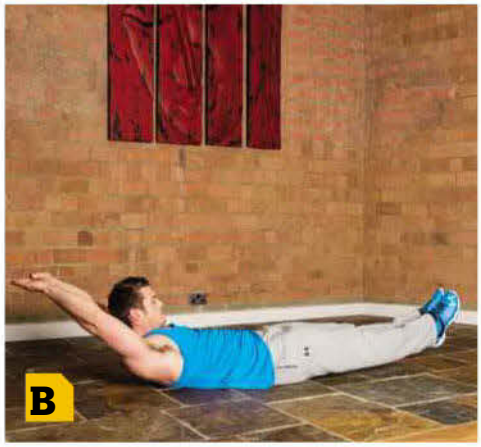


3 HOLLOW HOLD

TIME 60SEC

Lie on your back, pressing your lower spine into the floor. Tuck your chin in to your chest, tense your core and – keeping your arms and legs together – raise your arms and legs off the floor to make a shallow dish shape, and hold. If you struggle to hit the minute mark, break up the 60 seconds into 20-second chunks.





4 HANDSTAND WALL WALK

TIME 60SEC

Facing away from the wall, put your hands on the floor, locking out your arms, and carefully walk your feet up the wall until your body is in a straight line. Keep your core tight, tuck your head in to face the wall, pause for five seconds, then walk back down to the start.





muscle food

Premium nutrition for healthy living

great taste 2014

THE GUILD OF FINE FOOD RETAIL MEMBER

FREE LARGE 10 INCH CHARGRILLED CHICKEN PROTEIN PIZZA FOR ALL READERS OF MEN'S FITNESS

enter code **MFPIZZA** at checkout



- Authentic Stonebaked Base
- Huge 67g Protein Per Pizza
- Only 3.7g Carbs Per Slice
- 75% Less Fat Than Takeaway Pizza

Scan me

COMBINE WITH THESE NEW PRODUCTS:



Low Fat Sausages

Chicken Breast Sausages & Lean Chicken Dogs just 1g Fat

From £3 for 6 sausages!



Protein Pork Scratchings

Tasty Original & Jalapeno Flavour – contains 24g Protein

Only £1.29 per large 35g bag!



Free Range Whey Protein

More Protein Than Any Whey Concentrate – 85% Protein

From £4.95 per 250g pouch!

MUSCLEFOOD FANS INCLUDE:



David Gandy
International Male Model



Jamie Alderton
WBFF Pro & Team Grenade Athlete



Billy Vunipola
English Rugby Union Player



Jensen Button
McLaren Honda Formula 1 Driver

/MuscleFoodUK @MuscleFoodUK YouTube/MuscleFoodUK /MuscleFoodUK

Order at **www.musclefood.com/MFPIZZA**

*1 x 10" pizza free per customer. 1 code per customer per order. Min £25 order applies

great taste FINE FOOD BRASS FOR BEEF

MAN OF THE HOUR

ALEX DOWSETT

The GB speed merchant has just set the world record for the furthest distance cycled in an hour. He tells MF how he prepared



ALEX DOWSETT

Age 26
Height 1.82m
Weight 75kg

Achievements

- 2015 world record holder for the hour with 52.937km
- 2014 Gold medal, time trial, Commonwealth Games
- 2013 Stage winner, Giro d'Italia
- 2013, 2012, 2011 Winner, British national time trial championships

Words Matt Huckle **Photography** Tom Miles



The sprinter's black line is the fastest racing line around the track – hour riders stick to it like glue



As Alex Dowsett circles the 250m track of the Lee Valley VeloPark, he doesn't appear to be working very hard. Then his lap time flashes up. It's 17.3sec. The next lap is the same. And the one after that... Well, you get the idea.

He continues this for 45 minutes, never deviating more than a hundredth of a second either side of his 17.3sec target during the training session. Looks can be deceiving: Dowsett is working very hard indeed.

This is one of the final training sessions for his attempt at the hour, a time trial event with a simple goal: to go as far as you can in 60 minutes. The record stood at 52.491km. On 2nd May, Dowsett covered 52.937km.

It's the simplicity of the hour record that appeals to the 26-year-old from Maldon, Essex. 'A road race has tactics and the fastest man doesn't always win,' he says. 'The hour is in neutral conditions. It's just man and machine against the clock.'

That, Dowsett believes, is what appeals to the public too. 'Even though it's just me battering round the track for an hour you get to see it all from start to finish,' he says. 'Every 17 seconds you wait for the next split and it gets quite tense.' He suggests it's far more spectator-friendly than a five- or six-hour road race. 'Take the Paris-Roubaix race – within cycling, it's absolutely massive,' says Dowsett. 'But to Joe Bloggs it's a race that starts on the outskirts of Paris and finishes in a little town called Roubaix. It's not a big thing. I mean, *I like* cycling and I don't sit down to watch all that.'

COMETH THE HOUR

Until recently, however, the hour record had been largely overlooked thanks to restrictive rules about what bikes you could use. Riders were banned from using time trial helmets, disc wheels, aerodynamic bars and monocoque (single-mould) frames, and were required to used heavy steel frames.

'IT'S JUST MAN AND MACHINE AGAINST THE CLOCK'

In 2014 the sport's governing body, the UCI, updated the rules to allow any bike that meets the current standards for endurance races to be used. A fresh wave of attempts began.

Dowsett rode a Canyon Speedmax WHR for the challenge. 'It's one of the fastest time trial bikes available,' says Dowsett. 'We also get to use a disc wheel on the front as well as the back. The front wheel doesn't make as big a difference as you'd think but it does help. Marginal gains are so important in cycling.'

Beyond choosing the right bike, cyclists take a different approach to pace than they would in a race or even a time trial. 'Normally in a time trial there are peaks and toughs in speed – it fluctuates,' says Dowsett. 'With this I've got to plug away at the same pace for an hour. If I go too hard or too soft it can really be detrimental later on.'

The start is the part that concerns Dowsett the most. 'That's where I have to have the most discipline,' he says. 'Rather than coming out hard I savour the feeling of being quite comfortable in the first ten minutes. Then I treat it as a 50min record.'

The black and white nature of the challenge, where you either hold the pace and succeed or fail, means that little is left to chance. 'It's funny because people say to me, "Good luck!"' says Dowsett. 'Apart from catching a cold in the days leading up to the race there's almost no luck involved.'

EXPRESS TRAIN

When you see the level of preparation that Dowsett and his team put in, you understand what he means about luck having no role to play. The training session *MF* attends is the ›



A revision of the hour's rules in 2014 allowed Dowsett to use a technically superior bike



AFTER HOURS

What Dowsett learned from taking on the hour applies to other challenges

NO HEROICS

Dowsett didn't go too fast and stuck to the game plan – and although he admits it wasn't much fun, it carried him through to victory. Don't chase after the big ego-boost lifts in the gym if it means you can't finish the rest of your session properly.

COMPETE LIKE YOU TRAIN

However long his training session, Dowsett rode at the pace he planned to use in the race, so there'd be no shocks. Putting in the distance is important when training for a race – but train at race pace at least once or twice a week.

TIME YOUR NUTRITION

Dowsett and his team decided that the hour wasn't long enough to require energy gels, so he took on fuel before the ride. PBs start at breakfast, so fuel your challenge with a combination of proteins, fats and carbs.

DON'T IGNORE SMALL DETAILS

By training at a cooler temperature than the 30°C of the challenge, Dowsett was able to shave a significant two-tenths of a second off his time each lap during his hour attempt. Little things – such as placing an identifying marker on your bike in the triathlon transition zone, or wearing flat-soled shoes for a heavy lifting session – might seem insignificant but they can mean the difference between misery and a new PB.

MISTAKES CAN BE FIXED

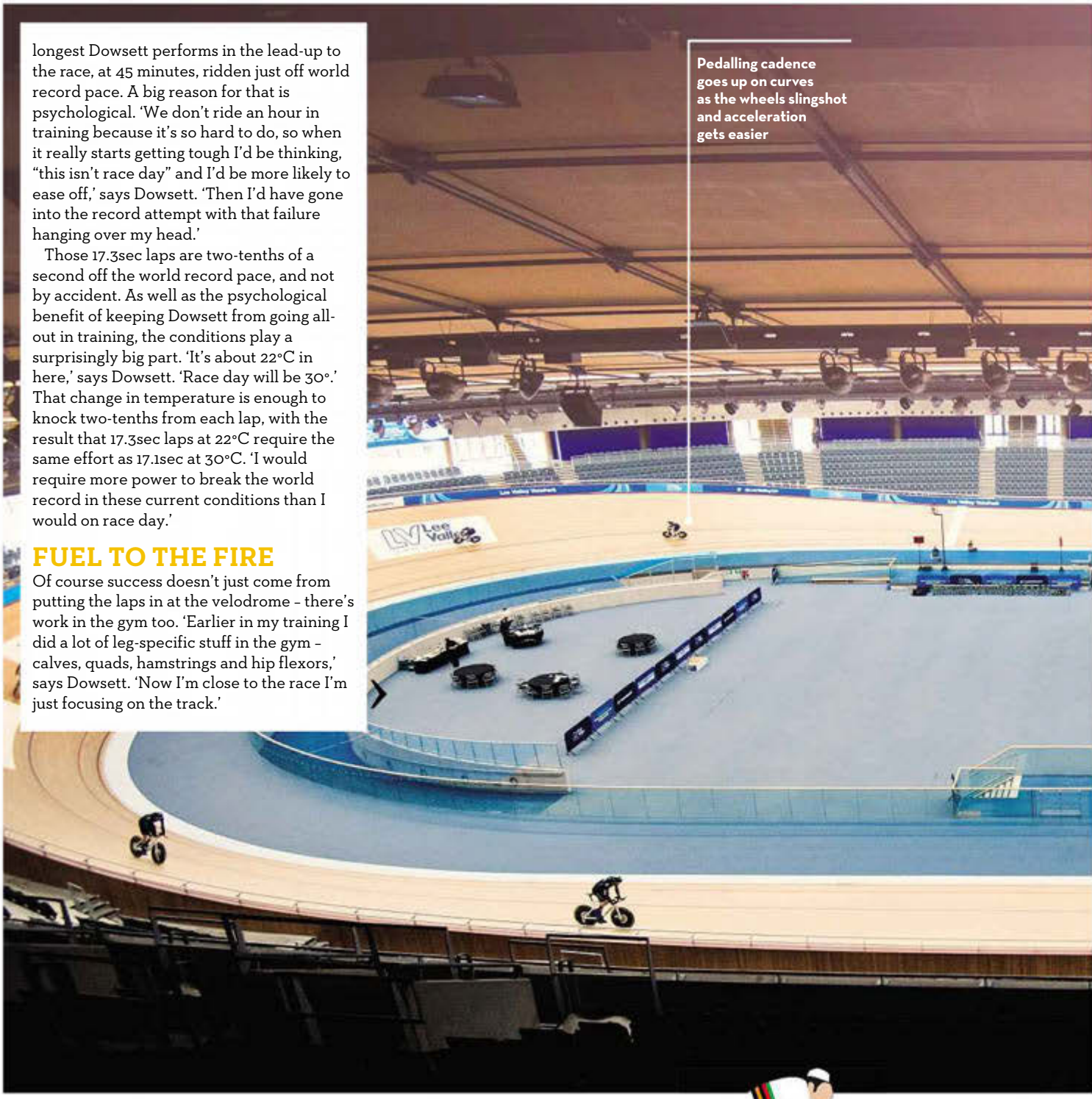
Dowsett started his record attempt with a surprisingly slow 25-second opening lap. Rather than losing his head he made up the time. If that's possible in a challenge as tight as the hour, you know you can get back on track following any blips in your training – as long as you don't panic or start too late.

longest Dowsett performs in the lead-up to the race, at 45 minutes, ridden just off world record pace. A big reason for that is psychological. 'We don't ride an hour in training because it's so hard to do, so when it really starts getting tough I'd be thinking, "this isn't race day" and I'd be more likely to ease off,' says Dowsett. 'Then I'd have gone into the record attempt with that failure hanging over my head.'

Those 17.3sec laps are two-tenths of a second off the world record pace, and not by accident. As well as the psychological benefit of keeping Dowsett from going all-out in training, the conditions play a surprisingly big part. 'It's about 22°C in here,' says Dowsett. 'Race day will be 30°.' That change in temperature is enough to knock two-tenths from each lap, with the result that 17.3sec laps at 22°C require the same effort as 17.1sec at 30°C. 'I would require more power to break the world record in these current conditions than I would on race day.'

FUEL TO THE FIRE

Of course success doesn't just come from putting the laps in at the velodrome – there's work in the gym too. 'Earlier in my training I did a lot of leg-specific stuff in the gym – calves, quads, hamstrings and hip flexors,' says Dowsett. 'Now I'm close to the race I'm just focusing on the track.'



Pedalling cadence goes up on curves as the wheels slingshot and acceleration gets easier



60-MINUTE MEN



1876 Frank Dodds
26.508km
The first man to set the record did it on a penny-farthing – though official records only began with Henri Desgrange in 1893.

1912 Oscar Egg
42.360km
Originally recorded as 42.122km but after complaints the track was re-measured and found to be slightly longer. The Swiss rider broke the record two more times.

1956 Jacques Anquetil
46.159km
France's Anquetil was in the middle of national military service when his superiors ordered him to go and break the hour record.

1972 Eddy Merckx
49.431km
Between his fourth and fifth Tour de France wins, the legendary Belgian took advantage of high-altitude conditions in Mexico City to set a new record.

1984 Francesco Moser
50.808km
Moser was the first man to use disc wheels, which gave him an aerodynamic advantage. He broke his own record four days later, cycling 51.151km.

The bike slows on the way out of the curve, as pedalling gets harder (but the G-force on riders' shoulders drops)

Straights take three seconds compared with six for each curve – and are done at the lowest cadence, roughly 105rpm



1994 Graeme Obree
52.713km
Obree's 'praying mantis' handlebars prompted the UCI to ban such innovations and bring in two records: the official UCI distance and a 'best human effort' record.

1994 Miguel Indurain
53.040km
The Spaniard used wide triathlon handlebars and a monocoque frame, which meant that his record would count only in the best human effort category.

1996 Chris Boardman
56.375km
Boardman had broken the record in 1993 but tried again with Obree's Superman-style bars. This record – still unbeaten – was marked best human effort.

2005 Ondrej Sosenka
49.700km
The best distance recorded under official UCI rules before 2014 was set in Moscow by the Czech rider.

2014 Jens Voigt
51.110km
The UCI's rule revision merged the two records and Voigt became the first rider to set a new record – and the oldest to hold it, a day after his 43rd birthday.

2015 Alex Dowsett
52.937km
After Thomas Dekker and Gustav Larsson failed to better Rohan Dennis's 52.491km, Dowsett became the current record holder on 2nd May.



Most men only ride the hour once. Dowsett already wants another go

For Dowsett the hour is a comparatively short race ('Not that it feels like it while I'm doing it,' he says), so nutrition is largely about getting the right fuel in before the race starts. 'We did toy with the idea of bringing gel on with me, but decided it could be more hassle and more costly than it is beneficial.' One of the most important things on race day is making sure Dowsett has only fluids within 3½ hours of the start. 'If I eat after that point there's a very real chance I'll see it all again.'

The rest of his food is simple. 'I'll have porridge in the morning,' says Dowsett. 'Then rice and an omelette around late morning. That's my usual race ritual.'

IN THE BLOOD

Dowsett's prowess is even more impressive considering that as a child he was diagnosed with severe haemophilia, a condition that means your blood doesn't clot properly. 'In school I was advised that I shouldn't do any contact sports,' says Dowsett. 'Of course the more I was told I couldn't do things the more I wanted to do them. Luckily my parents helped direct me towards sports that were suitable for me and that's how I ended up on a bike.'

He almost went down another route entirely. 'The doctors said swimming was a very good way of keeping the haemophilia under control alongside the medication. Even now I don't have to worry as much about my core stability work as swimming works everything so well. If it wasn't for my haemophilia I wouldn't be a pro cyclist.'

Dowsett still has to have an injection every other day but otherwise he doesn't think about it much. 'I get some funny looks when the drug testers come around and I say, "I'll put the needle in myself",' says Dowsett. 'I quite enjoy that. I think it's important to show young haemophiliacs that they can lead extraordinary lives – and lead fairly normal lifestyles too.'

HAPPY HOUR

On the big day, Dowsett's attempt started with a remarkably slow opening lap, and after 25 minutes he was still eight seconds off the pace of the previous record set by Rohan Dennis in February. Although he overhauled Dennis's average speed after 31 minutes and maintained his astonishing speed through the final 15 minutes – where Dennis had faltered – to take the record, it's intriguing to think how much further he could push the distance.

Especially since Dowsett says he didn't find it as hard as people had suggested. 'I was expecting it to be horrendous – but it was only terrible.' Most cyclists walk away from hour record attempts – successful or unsuccessful – vowing never to try it again. In fact, whether or not Bradley Wiggins's crack at the record on 7th June is a success, Dowsett has already expressed the desire to have another go. Don't bet against him.

BACKGROUND NOISE

Until recently, UCI rules forbade music during hour attempts, on the basis that it might 'encourage the athlete.' They had a point: a study at Brunel University found that music increased energy efficiency by 1-3%. Dowsett tried to harness the effect by selecting his favourite music for his record attempt. Here's a selection from his playlist.

Kanye West ALL OF THE LIGHTS
Stereophonics DAKOTA
Killers WHEN YOU WERE YOUNG
Jay Z HOLY GRAIL
Chase and Status HEARTBEAT
Pendulum PROPANE NIGHTMARES
Red Hot Chili Peppers OTHERSIDE
Rihanna ft. Calvin Harris WE FOUND LOVE
Martin Garrix ft. Usher DON'T LOOK DOWN
Ed Sheeran & Rudimental BLOODSTREAM

THE BIG WHEY GIVEAWAY

GET YOUR FREE PROTEIN NOW



THE PROTEIN WORKS™
WHEY PROTEIN 80
'Voted Best Protein of the Year

- TPW™ Natural Flavours
- Zero Thickeners or Fillers
- Exclusive Lifetime Guarantee
- Aminogen® Patented Technology
- Ultra Pure Whey Protein Concentrate

FREE PROTEIN
15 NATURAL FLAVOURS
WHEY PROTEIN 80 | RRP: £9.99

BAG YOURS NOW!

WWW.THEPROTEINWORKS.COM/FREE

NEW CUSTOMERS ONLY. TERMS & CONDITIONS APPLY. MINIMUM SPEND £10

WWW.THEPROTEINWORKS.COM

TPW™ recommends a varied & balanced diet with regular training.
THE PROTEIN WORKS™ is a trademark of Class Delta Ltd. FSN Magazine Product Awards 2014

THE PROTEIN WORKS™
PURE | PROVEN | PERSONAL

Serves you well

On or off the tennis court, get stronger and more mobile in a matter of minutes

THE COACH



Arran Peck is a physical trainer for the Lawn Tennis Association (lta.org.uk) who has worked with junior, development and professional players including James Ward and Kyle Edmund, the current British men's number three and four. He has also trained pro rugby union players and Olympians.

THE GOAL

'Tennis involves intermittent bouts of intense activity for an indeterminate time, so tailoring your training can be tricky,' says Peck. 'But the key attributes are joint mobility and stability and explosive strength, and that's what this workout covers. Additionally, I'd recommend multi-directional speed work over five, ten and 15m, as well as Tabata sprints (20 seconds' work, ten seconds' rest).'

THE WORKOUT

'Whether you're training for tennis or just using this as a conditioning workout, perform six reps of each move, or six each side where applicable,' says Peck. 'It works for other racquet sports too, although you should tweak the duration of each move to mimic the time you spend working in that sport. Do the number of sets required, resting for 90 seconds between sets, then rest for two minutes and move on to the next exercise. If you're doing it as a conditioning workout, complete six reps of each exercise and move on to the next with minimal rest, but rest for two minutes between circuits. Do the workout two to three times a week.'

MF MAGBOOKS
For more workouts like this get one of our *Men's Fitness* MagBooks – available at amazon.co.uk







1 SINGLE-LEG MULTI-DIRECTIONAL SQUAT

Stand on one leg. Lower into a squat, extending your non-standing leg in front of you (12 o'clock), keeping your foot, knee and hip stable. Return to the start and repeat, extending your leg to 3 o'clock (lateral), 6 o'clock (behind) and 9 o'clock (behind your body laterally). That completes one rep.

BEGINNER 3 SETS/3 CIRCUITS
INTERMEDIATE 4 SETS/4 CIRCUITS
ADVANCED 5 SETS/5 CIRCUITS

2 SINGLE-LEG ROMANIAN DEADLIFT

Stand on one leg holding a light dumbbell in your other hand. Bend forward, hingeing at the hips, bending your knee slightly and keeping your back straight. Extend your non-standing leg behind you and let the weight hang straight down. Return to the start under control. Complete all the reps on one side, then switch.

BEGINNER 3 SETS/3 CIRCUITS
INTERMEDIATE 4 SETS/4 CIRCUITS
ADVANCED 5 SETS/5 CIRCUITS





3 MINI STRETCH BAND LATERAL STEP

Stand with a stretch band around your knees and your hips and knees slightly flexed. Take a small step to the side with your left foot. Under control, follow with your right leg so you end up in the same stance you started in. Complete six steps to the left, then repeat in the opposite direction.

BEGINNER 3 SETS/3 CIRCUITS
INTERMEDIATE 4 SETS/4 CIRCUITS
ADVANCED 5 SETS/5 CIRCUITS

4 PRESS-UP RENEGADE ROW

Get into the top of a press-up position with feet slightly wider apart than usual, holding a dumbbell in each hand. Bend your arms and lower your chest, then press back up. Lift one dumbbell towards your armpit in a rowing movement, then lower it. Alternate sides until you have completed all the reps.

BEGINNER 3 SETS/3 CIRCUITS
INTERMEDIATE 4 SETS/4 CIRCUITS
ADVANCED 5 SETS/5 CIRCUITS





5 MEDICINE BALL OVERHEAD SLAM

Stand holding a medicine ball with both hands in front of your hips. Raise it overhead, aiming to extend at the ankles, knees, hips, trunk and arms in sequence. When you reach the top position, return quickly towards the start position, releasing the ball as it passes in front of your head and catching it as it bounces.

BEGINNER 3 SETS/3 CIRCUITS
INTERMEDIATE 4 SETS/4 CIRCUITS
ADVANCED 5 SETS/5 CIRCUITS

6 MEDICINE BALL RUSSIAN TWIST

Sit with knees bent and feet off the floor, holding a light medicine ball in both hands with arms extended and shoulders retracted. Rotate to one side under control, keeping your hips stable and torso upright. Return to the start and immediately repeat on the other side. Continue to alternate for each rep.

BEGINNER 3 SETS/3 CIRCUITS
INTERMEDIATE 4 SETS/4 CIRCUITS
ADVANCED 5 SETS/5 CIRCUITS

Words Sam Rider **Photography** Tom Miles **Model** Nick Dawes **Location** The Athlete Centre, Oxford (theathletecentre.com)

FORMULATED BY EXPERTS. TRUSTED BY ATHLETES.



"I've never been that keen on eating oily fish so omega 3 supplements are an essential part of my daily routine. As an International rugby player it's reassuring to know that Healthspan Elite's fish oils are of the highest quality and go through the stringent Informed-Sport quality control programme."

Stuart Hogg
Scotland Rugby International

1st for fish oils



- EXPERT ACCREDITED SUPPLEMENTS
- UNPARALLELED QUALITY & VALUE
- INFORMED-SPORT APPROVED
- TAMPER EVIDENT PACKAGING

INTRODUCTORY OFFER

£5off* QUOTE CODE: ELMF-YJU

+ FREE P&P

Healthspan Elite®

HEALTHSPAN**ELITE**.co.uk FREEPHONE 0800 80 30 123 @HSElite

Proud Partners and Official Suppliers to:

BRITISH SAILING TEAM RYA | ENGLISH INSTITUTE OF SPORT | SCOTTISH RUGBY | SOUTHAMPTON FC | INFORMED-SPORT.com Trusted by sport

*£5 off voucher valid on orders over £10. Quote code ELMF-YJU at checkout when ordering. Please allow up to 5 working days for delivery. Free P&P valid on all Healthspan Elite® orders delivered to UK addresses. Voucher valid until 31.07.2015 at www.healthspan**elite**.co.uk and only when purchasing Healthspan Elite products. Valid for single use only. Voucher cannot be used in conjunction with any other offer. Only one voucher can be redeemed per household.

INJURY-FREE RUGBY

It's a hard-hitting sport that's not for the faint of heart – or limb. Here's how to protect yourself against rugby injuries



Physiotherapist Nell Mead served in the Army for 14 years, including seven seasons working with forces rugby teams. She now runs Victory Health and Performance (victoryhealthandperformance.com) in London.

People often think that rugby – whether it's union, league or sevens – is dangerous. 'There have been some horrific and well-publicised cases, but in reality the risk of catastrophic injury is lower than when you cross the road or travel in a car,' says Mead. Stats show the most common injuries in training are far less serious – and there are simple steps you can take to reduce the risk.



Weak shoulders are vulnerable to ligament damage and dislocation

1 MUSCLE STRAIN

'The hamstrings and the gastrocnemius muscles of the calves both cover two joints, making them doubly vulnerable to strains and tears in contact and non-contact plays.'

PREVENT IT

'Glute bridges and eccentric calf raises will keep your muscles flexible and strong. For the bridges, contract your glutes as you raise and lower for three sets of 20 reps. For the calf raises, stand on a step on the balls of both feet. Push up, then take one foot away and slowly lower your other heel as far as you can. Repeat on the other foot, building to three sets of 15 reps on each leg.'

2 SHOULDER DAMAGE

'Most people who've played rugby consistently will have suffered some form of shoulder trauma, from inflamed ligaments to dislocations, especially when tackling opponents.'

PREVENT IT

'I use Torq-Kings – similar to abs wheels for each hand, but dumbbells also work – for shoulder strength and control. Start in a press-up position on your knees and, keeping your arms completely straight, roll each hand out at a 45° angle as far as you can under control, then reverse. Aim for three sets of ten reps, working to take your knees off the floor and to change the angle to 90°.'

3 LUMBAR SPINE INJURY

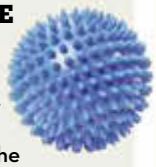
'Tackles, hard landings and scrums can all compress the spine's discs temporarily. Unless you stretch and decompress your spine afterwards, the damage can build up and leave you with long-term disc problems and pain.'

PREVENT IT

'You can decompress your spine and increase the flow of fluid around the discs by using a yoga brick. Alternate lying on your back and rocking your knees towards your chest for 30 seconds, with placing the yoga brick under your pelvis and draping yourself over it for 30 seconds, relaxing as much as possible. Do this three times before bed.'

ONE-KIT FIX

66FIT MASSAGE BALL



£6 66fit.co.uk

'Portable and cheap, the massage ball is the unsung hero of the recovery world,' says Mead. 'Most injuries occure when muscles are tight rather than weak. Put the ball on the floor underneath you, let it dig into any tender and tight muscle, put as much weight on it as you can manage, then relax and let it sink into the tight muscle until you feel it relax.'

4 ANKLE SPRAIN

'Ligaments contain proprioceptors – nerve cells that tell your brain where each part of your body is – and the more acutely tuned these proprioceptors are, the faster you'll react to being off-balance and reduce the risk of sprains.'

PREVENT IT

'Improve your proprioception with a wobble cushion – a circular cushion filled with air. Aim to stand on it for 60 seconds with your eyes open. Next, go for 30 seconds with your eyes closed. When that becomes easy, do it on one leg.'

Words Sam Rider Photography iStock

MARIO SCHAFZAHL
PERSONAL TRAINER / FITNESS MODEL

DEDICATED FOR THE DEDICATED



2270g/5lbs

PRO WHEY SHAKE

- NEW FORMULA
- ALL KEY WHEY PROTEINS
- IRRESISTIBLE TASTE
- GREAT SOLUBILITY
- NEW FLAVOUR : COOKIES&CREAM
- ECONOMY PACK (UP TO 65 SERVINGS)

WWW.OLIMP-SUPPLEMENTS.COM

OLIMP® SPORT NUTRITION

BORN IN THE GYM PROFESSIONAL LINE SUPPLEMENTS

www.facebook.com/OlimpSportNutrition

youtube.com/OlimpSportNutrition

Available from all good sport nutrition stores and gyms.

Nutrition First · AFFORDABLE · BB you · MERITACTIV · Wholesale & Distribution - PowerBody.eu · POWERBODY



NEED TO KNOW

ROCK CLIMBING

Speed climber Hans Florine explains how outdoor climbing can take your fitness to new heights



From bouldering to belaying, climbing develops functional strength throughout your body. It works both explosive power and muscular endurance, while developing your flexibility and grip strength. And when it comes to building core strength, it puts sit-ups to shame. Hans Florine, who together with Britain's Alex Honnold holds the speed climb record for fastest ascent of Yosemite's El Capitan – one of the most difficult climbs in the world – explains what you need to know about scaling the outdoor rock.

GET HOOKED

'Gripping with your hands can wear your forearms out quickly,' says Florine. 'Rather than using your index and middle fingers (your power fingers), give them a rest by using your third and fourth fingers or by hooking the heel of your hand (between your palm and wrist) over holds.'

DO THE TWIST

'Roll your shoulders and twist your hips into the wall as you climb. First-time climbers will tend to keep their chest facing the wall at all times and rely on the power of their arms to pull them up. If you twist your body so you're side-on to the wall, you can get closer to it, reach higher and drive up with your legs, not your arms.'

HOLD TRUE

'Endurance, both for strength and cardio, is vital for climbing. Develop yours in the gym by doing an isometric pull-up called "The Frenchy". Do a pull-up and hold the top position for five seconds before lowering. Then do another pull-up and, as you lower, stop at the midpoint for five seconds. Finally, do another pull-up, lower and pause just before a dead hang for five seconds. Repeat this pattern as many times as you can before failure. Rest five minutes, then repeat.'

FALL FOR IT

'A bouldering fall from a height of just one metre creates enough force to break a limb, which means it's essential that you know – and practise – how to fall properly. Always try to hit the ground with an open body system – with your arms and legs bent rather than straight – because this gives your joints room to flex.'

LEARN THE ROPES *Execute these climbing techniques to scale any obstacle*



DROP KNEE

For... reaching high handholds

Drop your knee inwards by turning your foot parallel to the rock. Now reach up for your next hold on the side closest to the wall. Your hips should be perpendicular to the wall. With less distance between your body and the rock, you can reach higher, effort-free.



HEEL HOOK

For... conserving energy

Hook your heel onto a high hold, such as a nook or outcrop, and use it as a base. This makes it easier to reach for smaller holds because you're pulling less weight up. Bonus: you'll also save energy in your arms by passing the strain on to the bigger muscles of your legs.



FLAGGING

For... stabilising yourself

As you step up to reach for a hold, extend your inactive leg and rest it gently on the rock face, bringing it behind your supported leg if needed. Your hips should remain parallel to the rock. This counterbalances your movement by preventing you from swinging and wasting energy trying to hold yourself still.

Words Sam Razvi **Illustration** Simon Brader, Sudden Impact

PRIME CLIMBS

Develop an attitude for altitude at these beautiful locations

THE BAUCHAILLE, HIGHLANDS

Offers steep craggy outcrops and routes graded 'severe', plus it was used as the peaceful backdrop in *Skyfall* when James Bond escapes with M.

SIMONSIDE, NORTHUMBERLAND

The best place in England for beginners, its north face is ideal to work on single-pitch routes, while the south-facing suntrap offers superb views.

MOURNES, COUNTY DOWN

Ideal for multi-pitch beginners, these granite mountains boast nearly 1,000 climbs but the longest (the 162m 'FM') is also one of the easiest.



MF TOP PICK

CHEDDAR GORGE, SOMERSET

The 137m-deep limestone gorge offers dizzying views and over 1,000 spectacular climbing routes from beginners to experts. Sunset Wall on the south side offers multi-pitch classics for experienced climbers.

WATSON'S DODD FELL, LAKE DISTRICT

The imposing crag known as Castle Rock is a magnet for climbers, with over 60 named routes in a picturesque setting.

LLANBERIS PASS, SNOWDONIA

A cornerstone of Welsh climbing, 'The Pass' is a glaciated valley lined by world-class climbing on both sides.

MEADFOOT QUARRY, DEVON

This south-coast cliff offers challenging sea-level traverses and is especially popular in winter when the limestone dries quickly.

STONE FARM, EAST SUSSEX

An abundance of sandstone slabs offer attractive bouldering spots that are only an hour and a half from the capital.

CRITICAL KIT

Stop flailing and start scaling with training aids to suit any budget



» HIGH-END

Black Diamond Drop Zone Crash Pad

£150 rockrun.com

Portable bouldering crash mats allow you to take to the rock in confidence, work on speed and take risks you couldn't do without protection. This 4.75kg pad has a large landing surface, is made from reinforced abrasion- and water-resistant polyester and packs neatly into car boots.



» MID-RANGE

Beastmaker 2000 Fingerboard

£68

dicksclimbing.com

Home-mounted pull-up bars will only get you so far. Fingerboards are a closer reflection of the holds you'll need to manipulate to progress on tough climbs. This one, made from Tulipwood material, is soft enough not to rip up your fingers.

» BUDGET

Rock Technologies Everflex Power Putty

£8 urbanrock.com

Squeeze this tough putty to develop crushing grip strength. You'll be able to turn the narrowest of cracks into vital handholds – as well as improving your deadlift and pull-up maxes.



PURE MUSCLE STARTS HERE



RECOMMENDED BY
MARIUS DOHNE
IFBB PRO BODYBUILDER
– OLIMP TEAM

NEW INCREDIBLE TASTE
STRAWBERRY FIT

OLIMP SPORT NUTRITION
BCAA XPLODE POWDER
AMINO ACIDS + ANTI-FATIGUE FORMULA
BORN IN THE GYM PROFESSIONAL LINE SUPPLEMENTS
EXTRA SOLUBLE BCAA FORM | BEST BCAA RATIO 2:1:1 | 6000 XTREME BCAA DOSAGE
L-LEUCINE L-VALINE L-ISOLEUCINE L-GLUTAMINE VIT. B6
500 G / 1,1 LBS
Food supplement • Nahrungsergänzungsmittel • Kosttillskott

TRAIN HARD AND REFUEL

BORN IN THE GYM®

WWW.OLIMP-SUPPLEMENTS.COM

OLIMP® SPORT NUTRITION

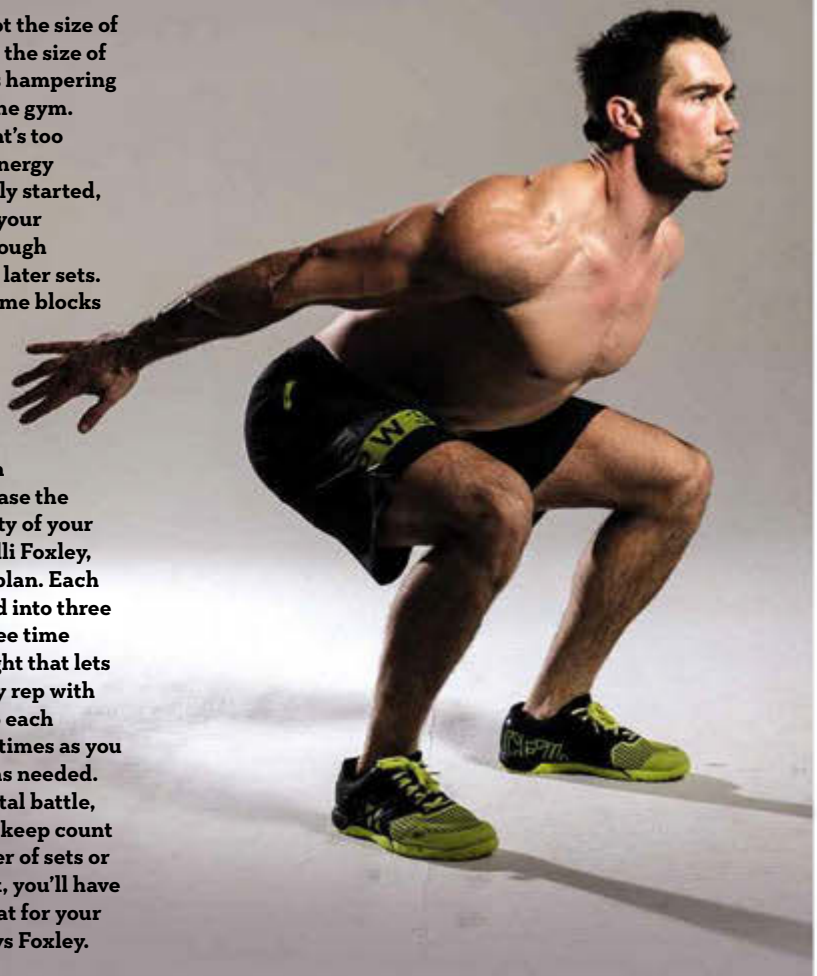
BORN IN THE GYM PROFESSIONAL LINE SUPPLEMENTS
www.facebook.com/OlimpSportNutrition
youtube.com/OlimpSportNutrition

Available from all good sport nutrition stores and gyms.

Nutrition First · AFFORDABLE · BB you · MERITACTIV · Wholesale & Distribution - PowerBody.eu · POWERBODY

BODY WORK

Lift against the clock to accelerate your muscle gains



It's probably not the size of your heart but the size of your ego that's hampering your progress in the gym. Using a weight that's too heavy saps your energy before you've really started, so you can't keep your muscles under enough tension to grow in later sets.

This plan uses time blocks to correct this mistake. 'Modified AMD – accelerated muscular development – is a great way to increase the volume and density of your workouts,' says Olli Foxley, who devised this plan. Each workout is divided into three supersets and three time blocks. Use a weight that lets you perform every rep with good form, and do each superset as many times as you can, resting only as needed.

'It's a tough mental battle, but as long as you keep count of the total number of sets or reps in each block, you'll have a new target to beat for your next workout,' says Foxley.

THE PLAN

There are two plans you can follow. Both are one-week plans with three workouts, split into lower-body, upper-body and full-body sessions. If you're new to training start with the first plan and, as you progress, move on to the second, more advanced plan, which includes exercises and set and rep combinations to challenge the more experienced trainer.

THE WORKOUT

Both plans follow the modified AMD protocol, and each workout is split into three supersets. Using a stopwatch, do the first superset as many times as you can for 15 minutes. Rest for three minutes, then do the second superset for ten minutes. Rest for three more minutes, then do the third superset for another ten minutes.

PROGRESSION

Follow the programme for at least four weeks to build muscle, get lean and improve your fitness. Each week, aim to complete more sets or total reps when you repeat a workout. Getting through a higher number of sets and reps is more crucial than lifting a heavier weight with this plan, so only increase the weight if you find it too easy.

THIS MONTH'S TRAINER



OLLI FOXLEY is a coach at W10 Performance in west London (w10performancegym.com) who focuses on helping people develop functional strength and mobility for anything life can throw at them.

Words Sam Rider **Photography** Tom Miles **Model** Greg Cornthwaite

WEEK 1

Everyone should be able to do these three timed workouts. Rest as little as possible

WORKOUT 1
LOWER BODY



1A// GOBLET SQUAT

TIME 15MIN REPS 6 TEMPO 3110

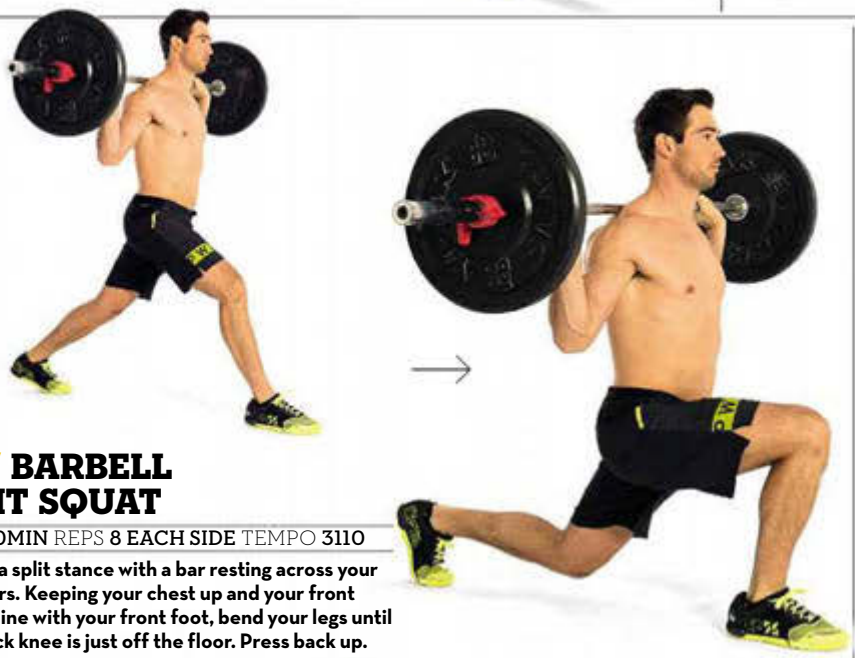
Hold an upturned kettlebell with both hands so the handle points down. Keep your back straight and chest up and lower into a deep squat, keeping your elbows inside your knees at the bottom of the move. Drive through your heels to stand.

1B// BROAD JUMP

TIME 15MIN REPS 5 TEMPO 10X0

Stand with your feet shoulder-width apart. Lower into a quarter squat, then drive powerfully through your heels to jump as far forward as you can, using your arms to generate momentum. Land with soft knees and continue into the next rep.





2A// BARBELL SPLIT SQUAT

TIME 10MIN REPS 8 EACH SIDE TEMPO 3110

Start in a split stance with a bar resting across your shoulders. Keeping your chest up and your front knee in line with your front foot, bend your legs until your back knee is just off the floor. Press back up.



2B// ROMANIAN DEADLIFT

TIME 10MIN REPS 8 TEMPO 3010

Hold a bar in front of your thighs with hands shoulder-width apart. Keeping your legs slightly bent and your back straight, lean forward from the hips, not the waist, and lower the bar down the front of your shins until you feel a moderate stretch in your hamstrings. Reverse the move, pushing your hips forward to stand.

TIMED PAIRS EXPLAINED

Perform all the reps for move A, then for move B. Return to move A and alternate for the full time period, resting as little as possible. The first timed pair in each workout lasts for 15min, while the others are 10min each. Rest for 3min in between time blocks.



3A// STEP-UP

TIME 10MIN REPS 10 EACH SIDE TEMPO 2010

Stand in front of a box. Place one foot on it, then drive through the heel of your raised foot to step up. Step back down with your leading leg first.



3B// GLUTE BRIDGE

TIME 10MIN REPS 10 TEMPO 2010

Sit with your back against a bench and a barbell across your body. Drive through your heels and contract your glutes to raise your hips and the bar. Pause, then lower until your glutes are just off the floor.

WORKOUT 2

UPPER BODY

TEMPO EXPLAINED

The tempo of each move is expressed as a four-digit figure. The first digit indicates how long in seconds you should take to lower the weight, the second how long you should pause at the bottom, the third how long you should take to lift the weight and the fourth how long you should pause at the top. An X means you should perform that phase of the move explosively.



1A// BAND-ASSISTED CHIN-UP

TIME 15MIN REPS 6 TEMPO 3011

Hook a resistance band over a pull-up bar and loop it under one knee – or both knees if it's still too difficult. Hold the bar with an underhand grip, hands shoulder-width apart. Contract your upper back muscles to help pull your chin above the bar, then lower under control.



1B// KNEELING SINGLE-ARM JAMMER PRESS

TIME 15MIN REPS 6 EACH SIDE TEMPO 3010

Angle a barbell into the middle of a weight plate. Get on one knee and hold the end of the barbell at shoulder height in the opposite hand. Press up powerfully, then return to the start. Do all the reps on one side, then switch.



2A// CHEST-SUPPORTED DUMBBELL PRONE ROW

TIME 10MIN REPS 8
TEMPO 3011

Lie chest-down on a bench set at 45° holding dumbbells. Row the weights up to either side of your chest, squeeze your upper back muscles, then lower slowly.

2B// RING DIP

TIME 10MIN REPS 4
TEMPO 2011

Hold the rings with an overhand grip, arms extended and palms facing. Lean forward so you recruit your chest muscles. Keeping your arms locked against your body, bend them and lower until your hands are level with your chest, then press back up powerfully.





3A// CHEST-SUPPORTED REVERSE FLYE

TIME 10MIN REPS 10
TEMPO 2011

Lie chest-down on a bench set at a 45° angle, holding light dumbbells with straight arms, palms facing each other. Squeeze your upper back muscles together and raise your arms until they're parallel with the floor, then lower them to the start.

3B// TRX BICEPS CURL

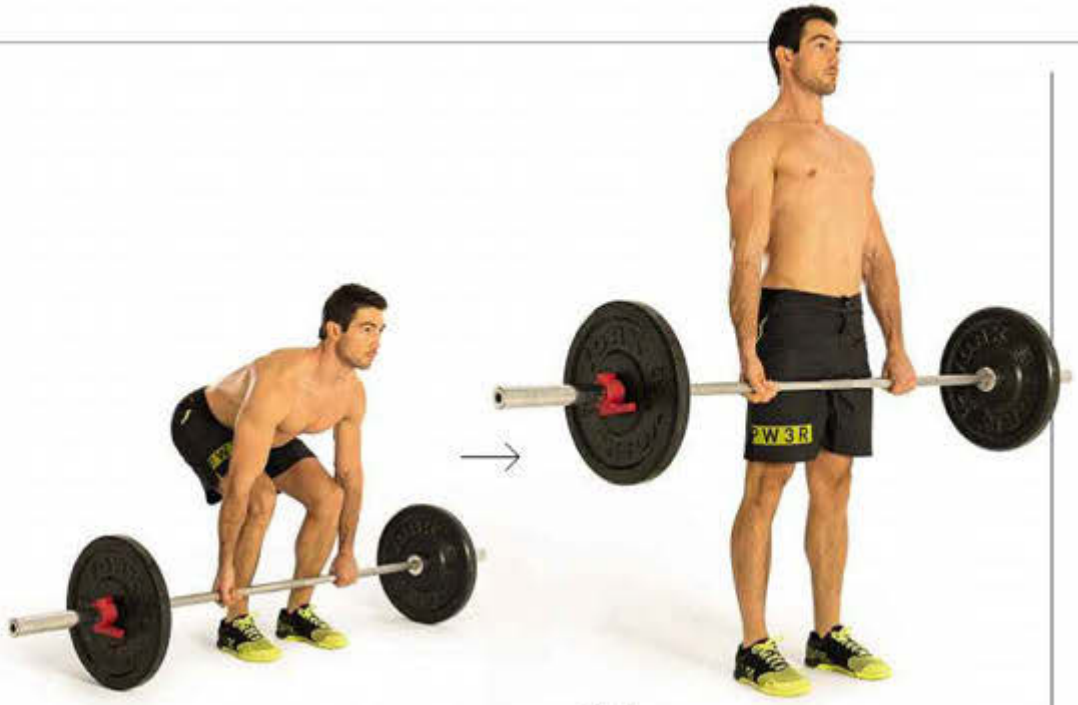
TIME 10MIN REPS 10
TEMPO 3010

Hold the TRX handles with palms facing up and, with your heels together on the floor, lean back so your body is at roughly 45°. Keeping your core tight and your body straight, curl your arms to bring your chest towards the handles. Then return to the start.



WORKOUT 3

FULL BODY



1A// DEADLIFT

TIME 15MIN REPS 6
TEMPO 30X0

Hold a bar with hands shoulder-width apart and a mixed grip – one palm facing away and the other towards you. Start with arms straight and knees slightly bent. Keeping your chest up and your back straight, drive down through your heels and pull the bar up your legs, pushing your hips forwards to stand.

1B// SEATED DUMBBELL OVERHEAD PRESS

TIME 15MIN REPS 6
TEMPO 3010

Sit on a bench with your back supported. Hold dumbbells at shoulder height, palms facing forwards. Keeping your core tight and without arching your back, press the weights straight overhead, then lower.





2A// DUMBBELL WALKING LUNGE

TIME 10MIN REPS 8 EACH SIDE TEMPO 3010

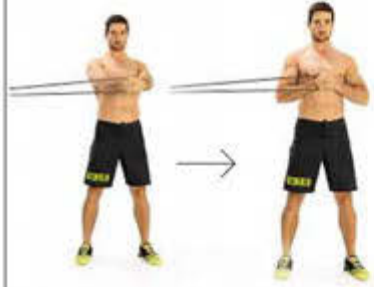
Holding dumbbells in each hand, lunge forwards, keeping your back upright and your front knee over your front foot. Lower until your back knee is just off the floor, then drive through the heel of your front foot to stand and continue straight into a lunge with your other leg.



2B// SINGLE-ARM ROW

TIME 10MIN REPS 8 EACH SIDE TEMPO 3010

With one knee on a bench and the other foot planted wide for balance, lift the weight slowly to the side of your chest. Pause and return slowly. Complete all reps on one side, then the other.



3A// BAND PALLOF PRESS

TIME 10MIN REPS 8 EACH SIDE TEMPO 2012

Attach a resistance band securely at chest height and stand perpendicular to it so it's fully stretched. The further away you stand from the anchor point, the harder you'll have to work. Keep your core tight to resist rotating and straighten your arms, pause, then bring your hands back to your chest.



3B// HANGING KNEE RAISE

TIME 10MIN REPS 8
TEMPO 3011

Hang from a pull-up bar with an overhand grip. Contract your core and bring your knees up until they're level with your chest, then slowly lower.

WEEK 2

When you can do Week 1 easily, this will push your fitness gains to the next level

WORKOUT 4 LOWER BODY



1A// BACK SQUAT

TIME 15MIN REPS 6 TEMPO 31X0

With your feet just wider than shoulder-width apart, rest a bar on the back of your shoulders. With your chest up and core braced, squat down until your thighs are at least parallel to the floor, making sure your knees stay wide apart. Drive back up through your heels to stand. Aim to use a weight that is around 85% of your one-rep max.



1B// KNEE JUMP

TIME 15MIN REPS 5 TEMPO 10X0

Kneel down, with the undersides of your toes on the floor. Press your toes down into the floor and powerfully drive your hips forwards to jump, landing in the bottom of a squat. Stand and return to the start position.

2A// GOOD MORNING

TIME 10MIN REPS 8 TEMPO 3010

Stand holding a barbell on the back of your shoulders, not your neck. Slowly bend forwards at your hips, keeping your legs and back straight. Bend until you feel a stretch in your hamstrings, then drive your hips forwards to rise back to the start.



2B// SNATCH-GRIP ROMANIAN DEADLIFT

TIME 10MIN REPS 8 TEMPO 3010

Hold a bar with hands double shoulder-width apart, core braced and back straight. Push your hips back to hinge forwards and lower the bar until you feel a stretch in your hamstrings. Push your hips forwards to return to the start.



3A// DUMBBELL LATERAL STEP-OVER

TIME 10MIN REPS 10 EACH SIDE TEMPO 2010

Holding dumbbells, step sideways on to a bench with one foot, then the other. Reverse the move to the start.





3B// GYM BALL GLUTE BRIDGE

TIME 10MIN REPS 10 TEMPO 4010

Lie with your heels on a gym ball. Raise your hips so only your upper back and arms are on the floor. Keeping your glutes strong and hips up, bend your legs to roll the ball towards you, then back.

WORKOUT 5
UPPER BODY





1A// BARBELL INCLINE BENCH PRESS

TIME 15MIN REPS 6 TEMPO 31X0

Lie on a bench set at a 45° angle holding a bar with an overhand grip, hands just wider than shoulder-width apart. Drive your feet hard into the floor and press the weights straight up powerfully, then lower them slowly to the start position.

1B// THREE-POINT ROW

TIME 15MIN REPS 6 EACH SIDE TEMPO 3011

Stand behind a bench set at a 45° angle so the headrest is at waist height. With feet shoulder-width apart and legs slightly bent, lean forwards, holding the bench with one hand to support your weight and holding a dumbbell with the other. Brace your core to keep your torso still throughout as you row the weight upwards. Complete all the reps on one side, then switch.



2A// WEIGHTED PRESS-UP

TIME 10MIN REPS 8 TEMPO 30X0

Get into a standard press-up position with hands shoulder-width apart, and get a training partner to place a weight plate flat on your mid-to-upper back. Perform a press-up, lowering your chest almost to the floor, then pushing up to return to the start. No training partner? Make these press-ups harder by taking five seconds to lower.



2B// TOWEL CHIN-UP

TIME 10MIN REPS 6 TEMPO 2010

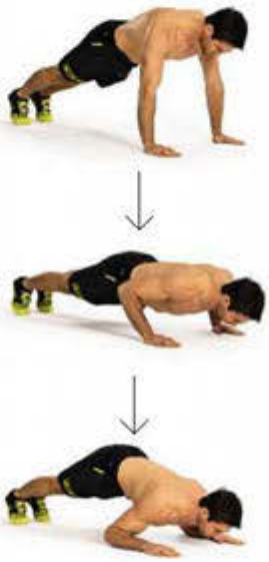
Hang a towel over a pull-up bar and grasp one end tightly in each hand. Pull yourself up until your chin is above your hands, then lower.



3A// RING FACE PULL

TIME 10MIN REPS 8 TEMPO 3010

Hold the rings with palms facing and hang so your body forms a straight line, with your heels on the floor and your core braced. Pull yourself up, drawing your hands towards your face and then out to your sides with your arms bent, squeezing your shoulder blades together.



3B// RUSSIAN PRESS-UP

TIME 10MIN REPS 8 TEMPO 2010

Start in a press-up position. Lower until your chest is just off the floor, then push yourself towards your feet, raising your hips and bringing your elbows straight back to touch the floor. Reverse the move into the bottom of the press-up and drive up to the start.

Get 5 issues of *Men's Fitness*

FOR ONLY £5

PLUS **FREE** LA MUSCLE WORKOUT RECOVERY GEL

YOUR SUBSCRIPTION INCLUDES:

- 5 issues for only £5 plus your FREE LA Muscle Workout Recovery Gel
- A saving of 20% on the shop price
- A saving of 72% on digital access
- 20% off all *Men's Fitness* MagBooks
- FREE delivery within the UK



Visit **dennismags.co.uk/mensfitness**
or call now on **0844 844 0081***
quoting offer code **P1508BB** for Print + Digital or **P1508PB** for Print only

*Calls will cost 7p per minute plus your telephone company's access charge.

ORDER FORM

☑ **YES! Please start my subscription to *Men's Fitness* with 5 issues for £5 and send me my FREE LA Muscle Workout Recovery Gel.**
I understand that my subscription will automatically continue by Direct Debit at the low rate selected below. If I'm not completely satisfied with *Men's Fitness* I can write to cancel within my 5 issue subscription period and no further money will be debited from my account. The 5 issues and **FREE** gift are mine to keep, whatever I decide.

YOUR DETAILS

MR/MRS/MS FORENAME

SURNAME

ADDRESS

POSTCODE

DAYTIME PHONE YEAR OF BIRTH

MOBILE NO

EMAIL

DIRECT DEBIT PAYMENT

☐ **Print + digital edition** 5 issues for £5 then £24.95 every 6 issues **(Save 20% on the shop price and 72% on digital access).**

☐ **Print edition** 5 issues for £5 then £19.95 every 6 issues **(Save 20% on the shop price).**

Instruction to your Bank or Building Society to pay by Direct Debit DIRECT Debit

Name and full postal address of your Bank or Building Society

To the manager: Bank name

Address

Postcode

Account in the name(s) of

Originator's Identification Number

7	2	4	6	8	0

Instructions to your Bank or Building Society
Please pay Dennis Publishing Ltd. Direct Debits from the account detailed in this instruction subject to the safeguards assured by the Direct Debit Guarantee. I understand that this instruction may remain with Dennis Publishing Ltd. and, if so, details will be passed electronically to my Bank/Building Society.

Branch sort code

Bank/Building Society account number

Signature(s)

Date

Banks and building societies may not accept Direct Debit instructions for some types of account

PLEASE RETURN TO

Freepost RLZS-ETGT-BCZR, *Men's Fitness* Subscriptions,
800 Guillat Avenue, Kent Science Park, Sittingbourne ME9 8GU

Dennis Publishing (UK) Ltd uses a layered Privacy Notice, giving you brief details about how we would like to use your personal information. For full details please visit our website **www.dennis.co.uk/privacy/** or call us on **01795 592 910**. If you have any questions please ask as submitting your details indicates your consent, until you choose otherwise, that we and our partners may contact you about products and services that will be of relevance to you via direct mail, phone, email and SMS. You can opt-out at ANY time via **ManageMyMags.co.uk** or **privacy@dennis.co.uk** or **01795 592 910**.

You will be able to view your subscription details online at **ManageMyMags.co.uk.** Gift limited to the first 100 orders. Limited to one per household. Please allow 28 days for delivery. UK only offer. Dennis Publishing Ltd reserves the right to replace this gift. Interactive editions available on Apple devices running iOS7 and later, Kindle Fire, Windows 8 and Android devices running Ice Cream Sandwich (4.0 and later).

For Print + Digital quote code **P1508BB**
For Print only quote code **P1508PB**

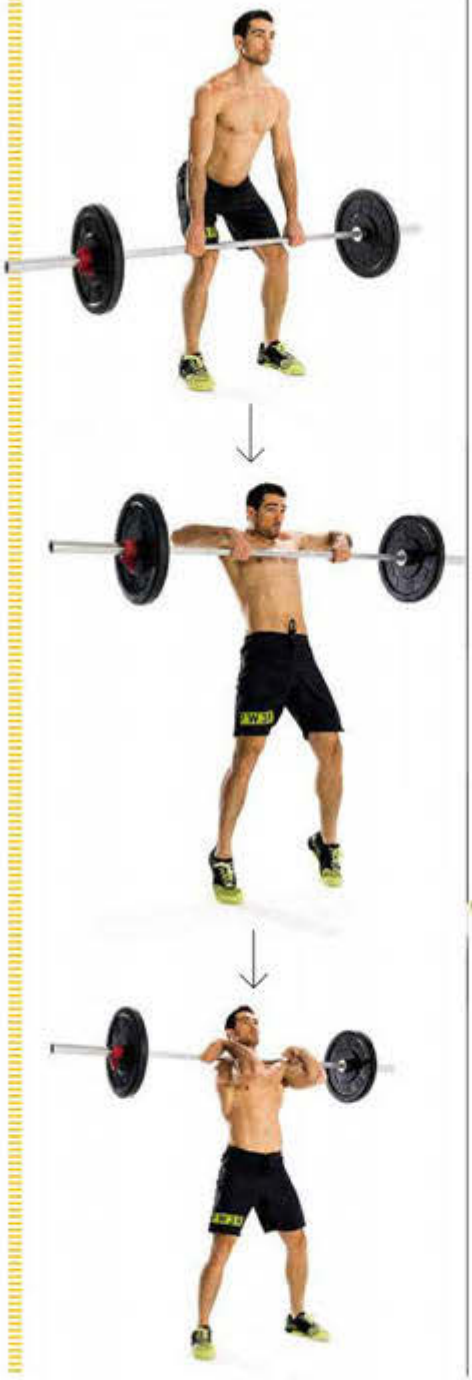
WORKOUT 6

FULL BODY

1A// HANG POWER CLEAN

TIME 15MIN REPS 6 TEMPO 10X0

Hold a bar at knee level. Raise it to chest height by pushing powerfully through your heels and driving your hips forwards, keeping it close to your body. Quickly drop into a quarter squat, bring your arms under the bar to catch it on the top of your chest and stand up.





1B// SINGLE-ARM JAMMER PRESS

TIME 15MIN REPS 6 EACH SIDE TEMPO 3010

Angle a barbell into the middle of a heavy weight plate. Stand facing the weight plate and hold the end of the barbell at shoulder height. Keeping your core braced, press the weight up powerfully, then return to the start. Do all the reps on one side, then switch.

2A// DUMBBELL LUNGE AND REACH

TIME 10MIN REPS 8 EACH SIDE TEMPO 2010

Stand with dumbbells by your sides. Keeping your arms straight throughout, take a big step forwards into a lunge and touch the dumbbells to the floor just ahead of your front foot. Drive up powerfully with your front leg to return to the start.

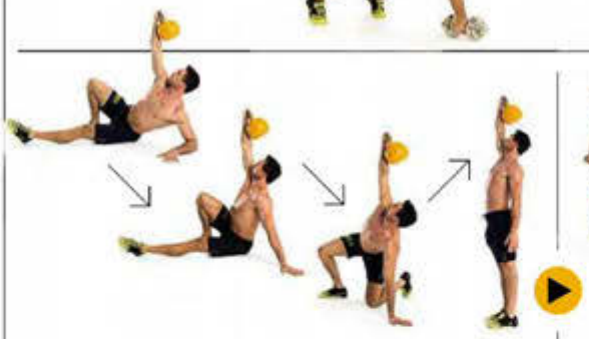


2B// RENEGADE ROW

TIME 10MIN REPS 8 EACH SIDE TEMPO 2010

Start in a press-up position with your feet shoulder-width apart and a dumbbell in each hand. Brace your core to keep your hips static and draw the weight towards your armpit, alternating sides with each rep.





3A// TURKISH GET-UP

TIME 10MIN REPS 5 EACH SIDE TEMPO N/A

Lie on your back holding a kettlebell in one hand straight above you. Keep your eyes on the weight and your shoulder strong as you contract your abs to sit up, resting on your other hand. Bring your straightened leg back so you're kneeling, then stand up. Slowly reverse the move back to the start.



3B// LANDMINE ROTATION

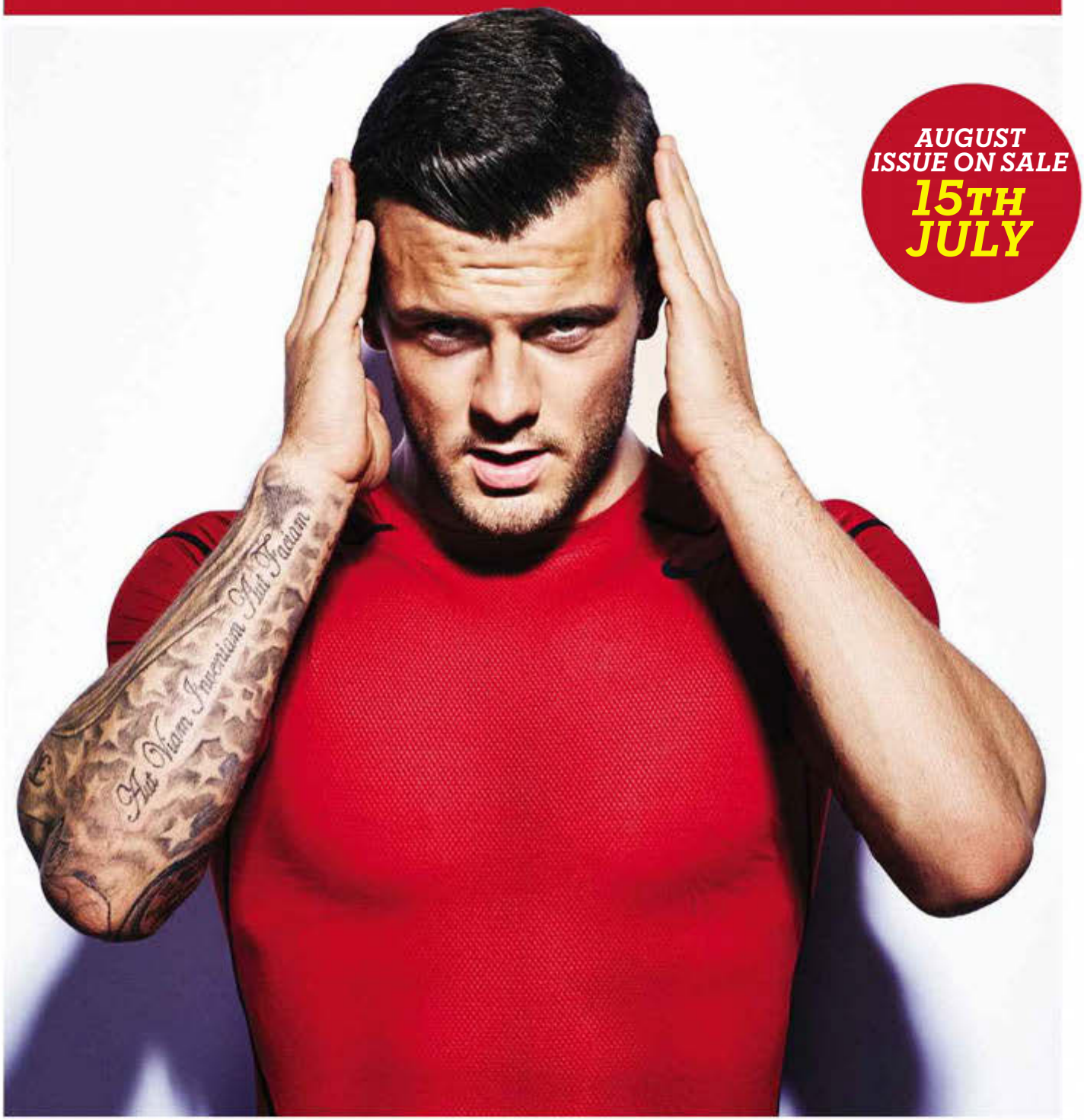
TIME 10MIN REPS 10 EACH SIDE TEMPO 1010

Angle a barbell into the middle of a weight plate and hold the end at head height. Rotate the bar to waist height on one side, twisting your feet, then return to the start. Alternate sides.

COMING NEXT MONTH

REBOOT CAMP

Primed for a career-defining season, England's Jack Wilshere kicks off our August issue



AUGUST ISSUE ON SALE **15TH JULY**

PLUS **THE NEW BREED OF ATHLETE**

Win the War On Fat | Reset your stress levels
Conquer your first sportive | Fuel with fry-ups
...and how to cook a cow from scratch

Fitness Superstore

The UK's Largest Fitness Equipment Showrooms

Find us on

Universal

4-45lbs Dumbbell Master Pack with Stand



was ~~£399~~

NOW £269

SAVE £130

- Two adjustable dumbbells: replaces 18 single dumbbells
- Weight range: 4 to 45lbs (1.8 to 20.4 kg) per dumbbell
- Weight settings: 9
- SelectTech® weight selection dial: quick and easy weight changes
- Durable design: coated iron weight plates and thermoplastic rubber handles
- Plate locking mechanism: for safe workouts

BH

Aquo Magnetic Folding Rower



was ~~£349~~

NOW £229

SAVE £120

- Resistance: 8 accurate resistance points via tension dial
- Magnetic Braking System: delivers smooth rowing action
- Compact folding design: for space saving
- Transport wheels: easy to move and store
- Flywheel: 5.5kg
- Assembled dimensions (LxWxH): 179 x 50 x 53cm
- Maximum user weight: 120kg (18.9st approx)

NordicTrack®

E11.5 Power Incline Folding Elliptical Cross Trainer



was ~~£1299~~

NOW £699

SAVE £600

- Power Intensity Ramp: 10 to 30 degree incline adjustments
- Console: 5" backlit screen with RaceTrack™ display
- Workouts: 30 personal trainer
- Pulse Measurement: CardioGrip™ heart rate monitor and Polar® chest strap compatible (not included)
- CoolAire™ workout fan: built into console with adjustable settings

Visit us online!

5%

extra off when you use promo code

mensfit5

evo iX

EVO iX Cycle



was ~~£1299~~

NOW £599

SAVE £700

- Core Active Sway Frame™: provides natural motion with 10 degree pivot to engage your balance and core
- Orb™ Planetary Gear Drive: compact, single axis design with enclosed 3-piece crank provides low maintenance, smooth cycling
- Basic Evo Console: with essential readout including Time, Distance and RPM
- InfiniteFit™ Multi-position Handlebars: with non-slip grip designed for 5 separate hand positions (up/down, fore/aft)

SCHWINN FITNESS

270i Recumbent Bike



was ~~£599~~

NOW £449

SAVE £150

- Drive System: high speed high inertia perimeter weighted flywheel
- Resistance: 25 levels of eddy current brake resistance
- Programmes: 29 (12 Profile, 9 Heart Rate, 2 Fitness Test, 1 Recovery Test, 4 Custom, 1 Quick Start)
- Heart rate monitoring: Contact and Telemetry enabled console

HORIZON FITNESS

Paros Upright Cycle



was ~~£299~~

NOW £249

SAVE £50

- (LxWxH): 103 x 60 x 135cm
- Self-balancing pedals: with adjustable straps for extra support
- ErgoAdjustable handlebars: for correct positioning with Contact Heart Rate
- ECB Magnetic Brake: smooth, friction-free braking

MAKE YOUR HOME A BOOTCAMP

KETTLEBELLS
POWERBAGS
RESISTANCE BANDS
and more...

NordicTrack®

C100 Folding Treadmill



was ~~£1099~~

NOW £599

SAVE £500

- Workout programmes: 16 (4 Calorie, 4 Intensity, 4 Incline and 4 Speed)
- Heart rate monitoring: CardioGrip™ Heart Rate Monitor
- FlexSelect™ Adjustable Cushioning: switch between cushioned impact reduction or firm like the road)

✔ Buy Now - Pay Later ✔ Expert Advice ✔ Free Delivery
✔ Over 3,000 Products On-line ✔ Price Promise Guarantee

FREEPHONE : 01604 673000

VISIT: www.fitness-superstore.co.uk

HUGE SAVINGS ON BIG BRANDS

Octane Fitness · Body-Solid Built for Life · TechnoGym The Wellness Company · Life Fitness · Horizon Fitness · Power Plate

Order by phone, online or visit for a FREE demonstration at one of our 11 UK stores : Open 7 days a week!

THE 6-PACK ATTACK!



ONLY £75!

SAVE £121.38 OFF RRP

Our Body Building Pack includes the essential products you need to increase muscle mass and strength and improve recovery times!

Pack contains:

1 Three Phase Mass,

1 BCAA 6000,

1 Creatine Monohydrate,

1 Elite Recovery - Restore & Replenish,

1 of each flavoured bar & 1 Water Bottle!

Available instore or online.

DN DIRECT NUTRITION

See our website or scan this QR Code for more details!

WWW.DIRECTNUTRITION.CO.UK

*/DIRECTNUTRIT1ON */DIRECTNUTRITIONUK

YOUR ESSENTIALS

Boost your progress and get the body you want faster with these helpful training aids

GORILLA SPORTS

What are your fitness goals? Are you looking to bulk up and build muscle, to sculpt that perfect six-pack, improve performance on the pitch or ahead of a race or event, or just want to lose the flab? Whatever your target, Gorilla Sports's top-quality range of gym equipment can help you smash it. Choose from over 500 products including dumbbells, barbells, weight plates, kettlebells, suspension kit, pro racer indoor bikes, rowing machines and full home gym set-ups, all made to the Gorilla standard to endure the most hardcore training regime.



CONTACT
www.gorillasports.co.uk

GORILLA SPORTS

PULSIN'

Raise the bar with Pulsin'. Our new vegan Orange Choc Chip protein bar combines rice and pea protein with raw almonds, chocolate chips and orange oil. With a low GI and GL, it's free from gluten, dairy, soya, egg and wheat – and with 12g of protein, it's an excellent post-workout recovery bar. Our incredibly tasty nutritionally balanced bars are also ideal to beat hunger between meals.



CONTACT
01452 729000
www.pulsin.co.uk
sales@pulsin.co.uk

Pulsin
NATURAL & HIGH IN PROTEIN

RIPFAST 5000

FREE MUSCLE SYSTEM
Full price £49.99 – get it FREE!
The Ripfast 5000 Ultimate Bodybuilding System & Video has been giving Ripfast clients amazing bodybuilding results for over 20 years. Young, old, experienced or beginner – it can give you quality muscle gains faster than you ever thought possible. Experienced but stuck? It will take you to new gains fast.

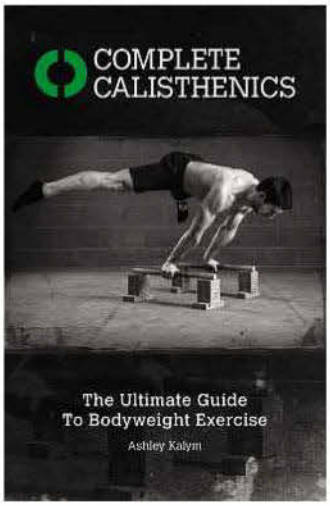


CONTACT
www.ripfast.com/mf
Visit the above page today – strictly limited promotion

RIPFAST®

LOTUS PUBLISHING

COMPLETE CALISTHENICS
Would you like to build awesome strength, power and athleticism? If so, read *Complete Calisthenics*. Learn how to perform a range of exercises, such as press-ups, pull-ups, and dips, using solely your bodyweight for resistance and relying on minimal equipment.



CONTACT
www.lotuspublishing.co.uk
Order online at amazon.co.uk

lotus publishing

THE ORGANIC PROTEIN COMPANY

The Organic Protein Company's Organic Whey Protein powder is made with organic milk from grass-fed cows, without any additives. With a neutral flavour and creamy texture it's a really versatile ingredient in smoothies and home baking, giving you all the essential amino acids and branched-chain amino acids (BCAAs) naturally present in the whey.



CONTACT
organicproteincompany.com
info@organicproteincompany.com
01273 921630

THE ORGANIC PROTEIN COMPANY

DON'T MISS OUT

you could be building muscle while you sleep

With a **massive 30g of slow release protein**, it's obvious why thousands of people use Muscle Mousse every night to ensure their body is fuelled with protein while they sleep.

This tasty dessert mixes easily with water and sets in minutes for a delicious **gluten-free** protein snack. Now available in seven decadent flavours including Strawberry, Milky White Chocolate and Butterscotch.

30G PROTEIN
SLOW RELEASE BLEND

PERFECT EVENING TREAT
OR DAYTIME SNACK

LOW FAT
& NO ADDED SUGAR



Available from

muscle food
TROPICANA FITNESS.com
Muscle Finesse
GNC

Bake it
Cook it
Top it

#SNACKCLEAN



Cycling Holidays & Training Camps in the French Alps
Win a FREE holiday! Visit our website or Facebook page
Luxury Half Board & Self-Catered | Self-Guided or Fully Supported
Iconic mountain cols, right on your doorstep
Spa Facilities | Bike Mechanic | Carbon Bike Rental | Vehicle Support | Wattbike

RACE ACROSS EUROPE

Ride the world's toughest cycling challenge

The RACE (Race across Europe) is a once-in-a-lifetime cycling event featuring the very best of riding in Europe.

The 2926 mile (4710 km) route starts in Calais and crosses France, Germany, Austria, Slovenia, Italy, Spain and Gibraltar to finish at Europa Point overlooking the Mediterranean and the African coast. Along the way cyclists climb the Alps twice, the Pyrenees and Mont Ventoux, riding day and night with as few rest stops as possible.

You can enter solo or in teams of 2, 4, 6 or 8 with a support crew. For solo riders The RACE is a very tough ultracycling challenge on a par with the 'Race Across America' (RAAM), whereas for team riders the challenge is very achievable for cyclists who have prepared properly.

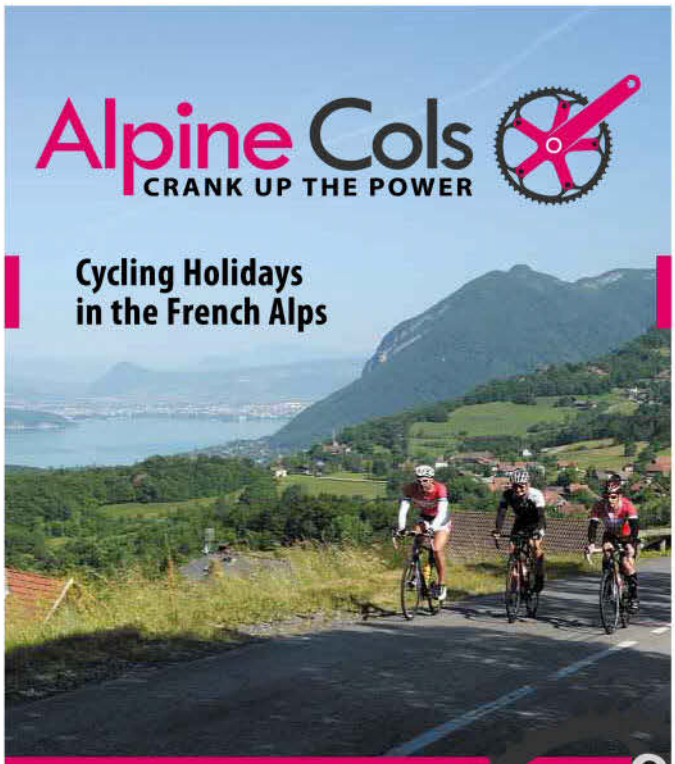
Follow the solo and team riders in The RACE 2015 on our website from 23 August 2015 and register now for 2016.

KEY FACTS
Non-stop
7 countries
4710 kilometres
The RAAM for Europe
Ride solo or teams of 2, 4, 6 or 8

www.theraceacrosseurope.com | #ultracycleurope | 01684 892 465 GREENROCK

Alpine Cols
CRANK UP THE POWER

Cycling Holidays
in the French Alps



Are you up for a challenge?
Come ride some of the most beautiful roads in the world
Conquer the iconic climbs from the Tour de France
Full support and encouragement for first-timers
www.alpinecols.com
Men's Fitness special offer: www.alpinecols.com/men

bowel cancer uk
conquer 4 countries in 5 days
16 - 20 September 2015



Registered Charity Number (England and Wales) 1071038. Scottish Charity Number SC040914

Saddle up and get in gear for a 350 mile cycling adventure through the UK, France, Belgium and the Netherlands.

Join team Bowel Cancer UK, together we can save lives.
Contact: 020 7940 1769 or events@bowelcanceruk.org.uk

www.bowelcanceruk.org.uk/4in5

@TeamBCUK /charitybcuk

STRENGTHEN YOUR PERSONAL PERFORMANCE WITH FITNESS TREE
www.FITNESSTREE.CO.UK

MULTI PURPOSE OUTDOOR EXERCISE STATIONS. REQUIRE MINIMUM ROOM WHILE HAVING MAXIMUM EFFECT ON STRENGTH 'CORE CONDITIONING + FUNCTIONAL FITNESS'



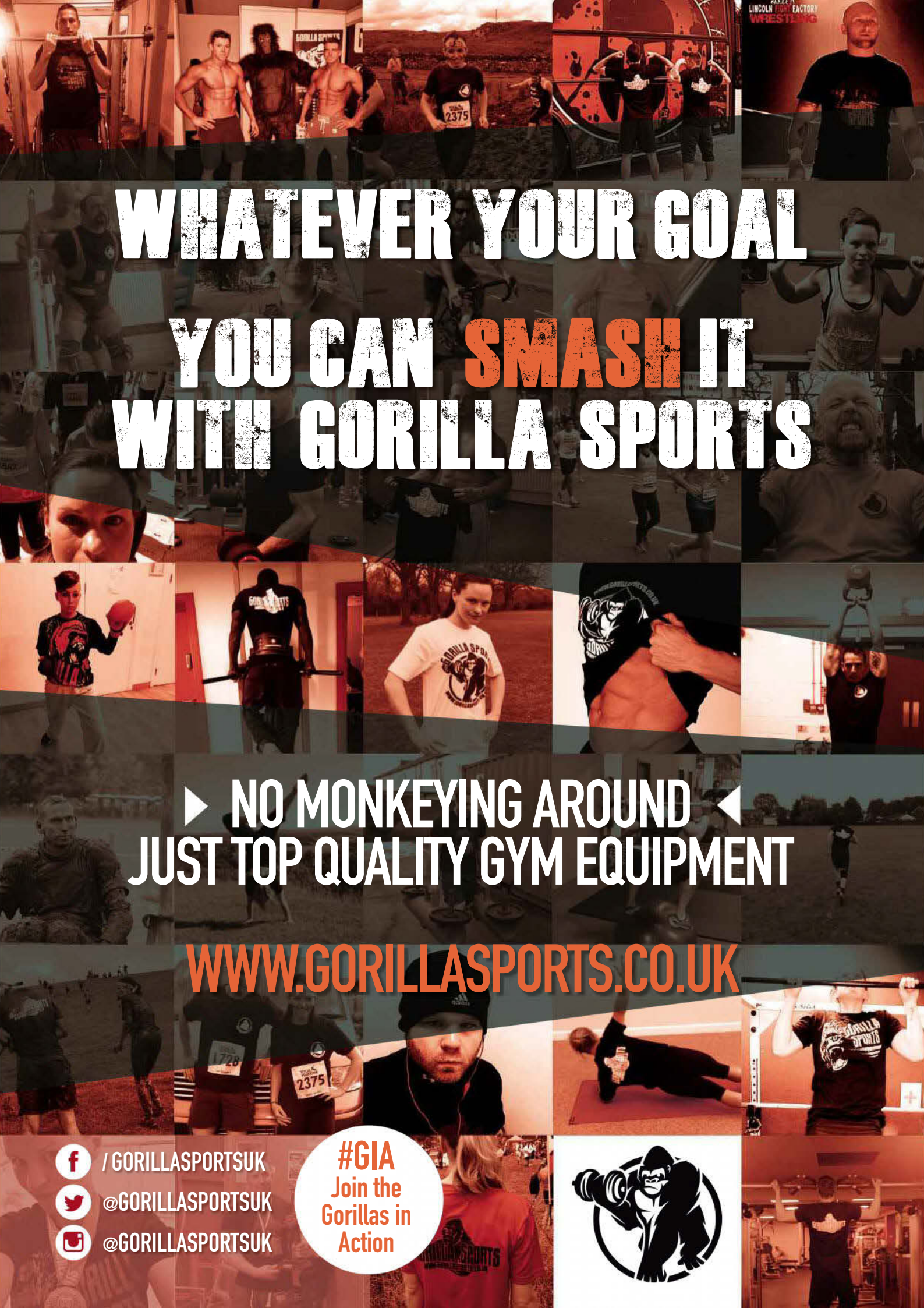
FITNESS'COMPLETE WITH HEIGHT ADJUSTABLE ATTACHMENT BRANCH THAT MOVES UP AND DOWN THE MAIN POLE ENABLING OVER 100 EXERCISE ALTERNATIVES!

VISIT US AT:
WWW.FITNESSTREE.CO.UK
OR CALL 07956406585
FOR MORE DETAILS

DOMESTIC AND COMMERCIAL FITNESS TREE OPTIONS TO SUIT GARDENS, SPORTS CLUBS, PARKS, BOOT CAMPS AND PT'S.
GIVE US A CALL

AS USED BY RICHARD WHITEHEAD LONDON 2012 PARALYMPIC GOLD MEDALIST




WHATEVER YOUR GOAL
YOU CAN SMASH IT
WITH GORILLA SPORTS
NO MONKEYING AROUND
JUST TOP QUALITY GYM EQUIPMENT
WWW.GORILLASPORTS.CO.UK
/ GORILLASPORTSUK
@GORILLASPORTSUK
@GORILLASPORTSUK
#GIA
Join the Gorillas in Action

GAY? BI? or CURIOUS?

Connect to our network of guys for chat, mates and fun!

ONLY **10p** per min

0871 908 1289

18+. Helpdesk 0207 966 9686. Live calls recorded. 0871 = 10p per min. Network extras apply SP: 4D.

HISHAIRClinic.com
SCALP MICRO-PIGMENTATION (SMP®)

NO MAN SHOULD BE WITHOUT **HIS HAIR**

THE **INNOVATOR** AND **WORLD LEADER** IN **SMP®**



BEFORE SMP® AFTER SMP®

SMP® is suitable for: Alopecia / Male Pattern Baldness
Receding Hair Lines / Scar Camouflage.
Immediate results - 1,000's of satisfied clients

TO BOOK A **FREE** CONSULTATION CALL US ON:
0845 604 4618 or visit **www.hishairclinic.com**







- ENGAGEMENT RINGS/WEDDING RINGS
- ETERNITY RINGS
- HANDMADE JEWELLERY
- GIA GRADED LOOSE DIAMONDS
- PRE OWNED: ROLEX-CARTIER-OMEGA WATCHES
- CHAINS/BRACELETS
- PENDANTS & BANGLES

Tel: 01536 266956 • 07974 527246
www.charlbeck.co.uk

Freedom for Blocked Noses!

New **Esberisin®** is a traditional herbal medicinal product for the relief of sinusitis & nasal congestion



Based on traditional use only. Always read the leaflet.

0118 3766965
www.plant-remedies.co.uk

ROUX

Ride Roux
Innovative
Reliable
Fast &
Light



Find out more online at www.rouxbikes.co.uk

sloggi men



sloggiformen.co.uk
or call 01332 811 732

BIG DATA

CRUNCHING THE MOST IMPORTANT NUMBERS IN FITNESS THIS MONTH



162.5kg

The weight squatted by 16-year-old Jevan Cockbain in the 80kg bodyweight category of the IAWA British Powerlifting Championships. Don't worry, he's probably terrible at FIFA.

1,800°

Degrees rotated by British snowboarder Billy Morgan when he landed the first ever 1800 quadruple cork. In English: flipping four times, while spinning five times.

100

Sports tackled by Cornish mother-of-three Sam Taylor in one year, from Gaelic and American football to pole dancing and parkour. Presumably she has an understanding babysitter.

3

Seconds between every bone break in the US due to osteoporosis. According to the National Osteoporosis Foundation the main culprit is a lack of calcium in the diet. Prevention is better than cast: start eating tofu, sardines and yogurt – and keep eating them into your old age.

5.2

The increased likelihood of sustaining an injury if you don't take two days off training per week.

5



British teams in the finals of the Segway Polo World Cup. Which is apparently a thing.

1KG

The amount of fish Dwayne 'The Rock' Johnson eats every day. Can you smell what he's cooking? It's almost certainly fish.



596,300

The number of jobs in the fitness industry in America by 2020, according to the US government – a 23% increase in a decade.

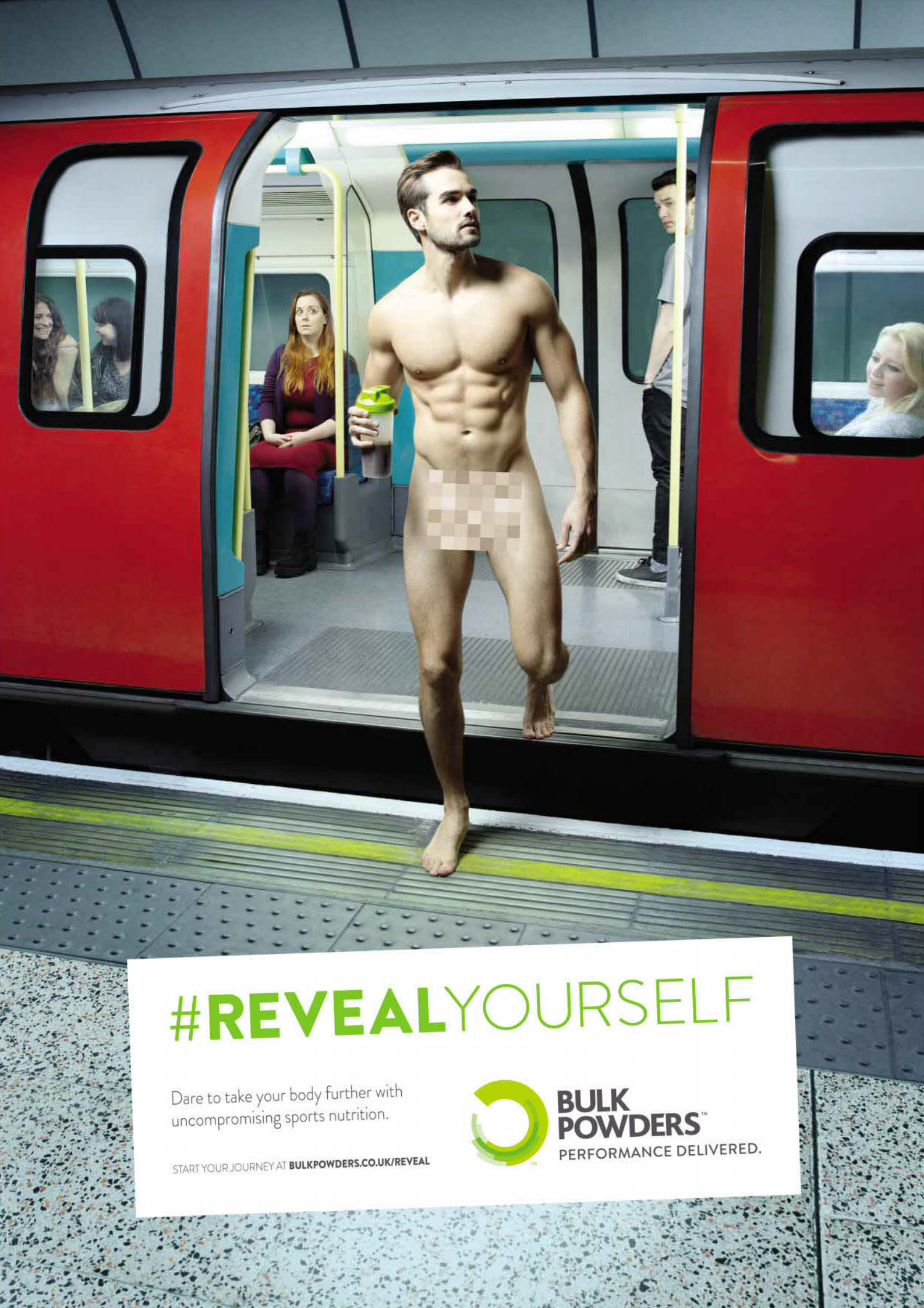
25ML

If you drink less water than this an hour, it has a similar effect on your concentration as drinking alcohol. So don't drink and drive – but don't NOT drink and drive. Clear?

49%

In a Harvard study, men who ate the largest amount of fruit and veg with high levels of pesticide residue (more than 1.5 servings a day) had sperm counts 49% lower than those who ate the least (0.5 servings or less). If you want to safeguard your swimmers, it's time to go organic.

Words Athena Stylli Photography Rex


#REVEALYOURSELF
Dare to take your body further with uncompromising sports nutrition.
START YOUR JOURNEY AT BULKPOWDERS.CO.UK/REVEAL
BULK POWDERS™
PERFORMANCE DELIVERED.

PURE
CYCLING

MADE FOR RACING

THE NEW AEROAD CF SLX.
13% LIGHTER
17% STIFFER
19% MORE AERODYNAMIC

CANYON.COM



CANYON